

Rockville Recreation and Parks

2017

Spring Guide



New Programs

Tumble Tykes pg. 6

School break programs pg. 10

Morning Bird Walk pg. 21

Cheer Squad pg. 24

Ballet Workshops pg. 28

Guitar pg. 28



Tots/Preschool • Children • Croydon Creek Nature Center
Teens • Adults • Adults 60+ • Aquatics • Cultural Arts

Spring in the City



We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. *Welcome to Rockville Recreation and Parks.*

Stay Informed

www.rockvillemd.gov/recreation

Email: rockenroll@rockvillemd.gov
240-314-8620



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Rate Key:

Prices are listed as
Resident (R)
Non Resident (NR)



**New registration
system coming this
summer for fall
registration.**

**Look for more
information in the
Summer Guide.**

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

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The new **Adult 60+ Recreation and Services Guide** can be picked up at the following locations: Rockville Senior Center, all community centers, Croyden Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Library. Call 240-314-8800 for more information. *See page 39-48 of this guide for a sampling of 60-plus programs.*

NEW REGISTRATION DATES	
Feb. 23	Swim member program registration
Feb. 24	General registration
March 7	Senior member program registration
March 9	Senior nonmember

Note to parents: In order to assist us in offering quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see rockenroll.rockvillemd.gov. Enter course number to view course details.**

Arts, Dance and Enrichment

Arts and Crafts with Miss Jody (Adult/Child)

Bring out your child's artistic side. Children create two projects each week using their imaginations and materials such as fabric, paint, glitter, wood and more. Bring a smock and a box for art projects. Adult participation required. Materials fee of \$15 due to instructor at first class.

Age: 3-6
58420 Th 4/20-5/18 10-10:45 AM \$35/\$39
Thomas Farm CC/Thompson

Spring Craft Workshop with Ms. Jody (Adult/Child)

Children create special crafts to celebrate the beginning of the spring season. Bring a smock and a box for art projects. Adult participation required. Materials fee of \$6 due to instructor at class.

Age: 3-6
58438 Th 4/6 10-10:45 AM \$9/\$10
Thomas Farm CC/Thompson

Little Fingers Piano (Adult/Child)

Instill a love of music in a fun and relaxing environment. Students are introduced to the piano and musical symbols, and play songs through group-learning experiences. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last-scheduled class of the session.

Age: 2-5
58446 Sa 4/22-5/27 9:30-10 AM \$120/\$129
58447 Sa 4/22-5/27 10:15-10:45 AM \$120/\$129
Twinbrook Community Rec. Center Annex/Learn Now Music

Little Stars!

Let your child shine in this theater arts class that does it all! Young minds explore their creativity and imagination through music, movement, story time, acting, games and art. Each week, students take home a mini-art project that relates to our theme of the day. Materials fee of \$20 due to instructor at the first class.

Age: 2-4
58978 Sa 4/22-6/3 10-10:45 AM \$98/\$108
Thomas Farm CC/CARE Actor Staff

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). The fee for siblings 10 months and older is \$120 for the 10-week course or \$105 for the eight-week course. Fax, mail or walk in your registration to receive a sibling discount. Adult participation required.

Age: 1 mo-5 yr
58453 M 4/3-6/5 10-10:45 AM \$168/\$185/\$105
58455 M 4/3-6/5 11-11:45 AM \$168/\$185/\$105
Kicks Karate/Winkler

Age: 1 mo-5 yr
58450 W 4/5-6/21 9:30-10:15 AM \$198/\$220/\$120
58451 W 4/5-6/21 10:30-11:15 AM \$198/\$220/\$120
Thomas Farm CC/Liddle



Follow us on
Twitter and Instagram
@rockvillerec



Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4

58308 W 4/5-5/31 10-10:45 AM \$89/\$95
Rockcrest Ballet Ctr./Langdon

Age: 3-4

58303 Sa 4/1-5/20 10-10:45 AM \$82/\$92
Twinbrook CRC/Tennant

Age: 3-4

58305 Sa 4/22-5/20 11-11:30 AM \$40/\$46
58306 Sa 4/22-5/20 11:45 AM-12:15 PM \$40/\$46
Thomas Farm CC/Simpson

Age: 4-5

58304 Sa 4/1-5/20 11-11:45 AM \$82/\$92
Twinbrook CRC/Tennant

Age: 4-5

58307 Sa 4/22-5/20 10-10:45 AM \$48/\$55
Thomas Farm CC/Simpson

Pre-Ballet Dansez Dansez!



Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required.

Age: 2-5

58309 Th 4/20-6/8 4:30-5 PM \$95/\$110
Thomas Farm CC/Philippe

Child Care

Professional, caring staff with years of experience provide a safe nurturing environment for your child.

Summer at Montrose



Preschoolers learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on the social and academic skills necessary for kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted and additional financial support is available. Children must be 3 years old and toilet trained to start. Call 240-314-8631 for additional information or to schedule a tour. Spaces are limited.

Age: 3-5

58720	M-F	6/5-6/16	8 AM-6 PM	\$409/\$459
58721	M-F	6/19-6/30	8 AM-6 PM	\$409/\$459
58722	M-F	7/3-7/14	8 AM-6 PM	\$369/\$415
58723	M-F	7/17-7/28	8 AM-6 PM	\$409/\$459
58724	M-F	7/31-8/11	8 AM-6 PM	\$409/\$459
58726	M-F	8/14-8/25	8 AM-6 PM	\$409/\$459

Montrose CC & Pk.

Open House Montrose Discovery Preschool

451 Congressional Lane



Thursday, March 16
6-7 p.m. • Ages 3-5

Bring your child for a tour of our wonderful preschool.

Meet our experienced teachers and have all of your questions answered in person!

Registration forms will be available.

Call to add your child's name to the waitlist. 240-314-8631

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Funfit Tots (Adult/Child)



Enjoy non-stop fun with active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills and socialization, and reinforce cognitive learning. All abilities welcome. Children must be walking.

Age: 1-2
58433 F 4/21-6/9 10:15-11 AM \$96/\$110

Age: 2-3
58435 F 4/21-6/9 11-11:45 AM \$96/\$110
Thomas Farm CC/Funfit Staff

Tiny Tigers



Help improve concentration and attention span. Enhance motor skills including balance, agility and coordination, while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students.

Age: 3-4
58473 M & W 4/24-5/24 (M) 5:45-6:15 PM \$99/\$109
(W) 6:30-7 PM

58474 Tu & Th 4/25-5/25 4-4:30 PM \$99/\$109
Kicks Karate/Staff

New! Tumble Tykes



Have fun and build self-confidence in this introductory level class. Help your child learn basic tumbles and exercises that improve large motor skills, balance, coordination and physical awareness. Wear comfortable tight-fitting clothing.

Age: 2-3
58696 Tu 4/18-5/23 10:30-11:15 AM \$75/\$85
Xtreme Acro and Cheer/Staff

Sports – Instructional

We recommend bringing a water bottle to all sports programs.

Coach Doug Basketball



Kick off your child's basketball experience the Coach Doug way. Coach Doug covers fundamental skills, rules and playing strategies in a fun and friendly environment. Technique and self-confidence are emphasized. No adult participation required.

Age: 3-6
58568 Su 3/26-5/21 11-11:45 AM \$89/\$99
Thomas Farm CC/Wilson

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Coach Doug Wee Wanna Be (Adult/Child)



Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5
58428 Su 3/26-5/21 10:15-11 AM \$89/\$99
Thomas Farm CC/Wilson

Little Tennis Aces



Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age-appropriate activities are used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5
58511 Sa 4/8-5/20 3-3:45 PM \$75/\$85
Thomas Farm CC/Z. Yargici

Age: 4-5
58512 Su 4/9-5/21 9-9:45 AM \$75/\$85
King Farm Park/Z. Yargici

New! Soccer Skills Junior



Preschoolers are introduced to soccer fundamentals and concepts of the sport through fun games and drills. Dribbling, ball control and passing are covered. Self-confidence, teamwork and fun are emphasized.

Age: 3-4
58464 Sa 4/1-5/13 9-9:50 AM \$75/\$85
King Farm Park/Hawkins

Tiny Hoopers



Time to get those tiny feet moving on the basketball court. Learn the very basics of basketball, like dribbling, catching, and passing. Toddler-sized basketballs are used for this class. Bring water and wear tennis shoes.

Age: 4-6
59260 Th 4/20-5/25 5:30-6:15 PM \$60/\$70
Lincoln Park CC/Dawkins

Time for Toddlers



Monday Morning Moms

Mondays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Twinbrook Community Recreation Center
240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-noon

Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center
240-314-8780

Little Acorns

Alternate Thursdays

10-11 a.m.

(pre-registration required)

Croydon Creek Nature Center
240-314-8770



Tiny Tykes Basketball



Enjoy exercise and fun, and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship are emphasized.

Age: 4-5

58475 Sa 4/22-6/10 10-10:45 AM

\$75/\$85

Thomas Farm CC/Rose

UK Elite – Petite Soccer



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment.

Age: 3-5

58478 W 4/5-5/17 4:30-5:15 PM

\$105/\$119

58479 W 4/5-5/17 5:15-6 PM

\$105/\$119

King Farm Park/UK Elite Staff

UK Elite Petite Soccer (Adult/Child)

This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. Adult participation required.



Age: 2-3

58480 W 4/5-5/17 4:30-5:15 PM

\$105/\$119

58481 W 4/5-5/17 5:15-6 PM

\$105/\$119

King Farm Park/UK Elite Staff

Spring Happenings

Breakfast with the Bunny!

Thomas Farm Community Center

Saturday, April 1, 10:30 a.m.-12:30 p.m.

Enjoy a visit from the Bunny and activities including D's Magic Show, spring crafts, egg hunt and games. \$5 per person at door for entertainment and egg hunt. Pre-registration required for breakfast; \$12R/\$14NR includes all activities. Course #57781.

Community Spring Yard Sale and Bazaar

Richard Montgomery HS – Parking Lot

Saturday, April 22, 8 a.m.-noon

Check out the bargains or sign up as a vendor to sell your treasures. Payment holds one parking spot and one 6-by-3 foot table. Set-up is 7-8 a.m. \$30 for city provided table (course #59256). \$30 for additional table (course #59257). \$20 to bring your own table (course #59258). Only one table permitted per spot. Rain date: April 23. Vendors must pre-register with payment.

Superhero Party

Thomas Farm Community Center

Saturday, March 18, 2-4 p.m. Age: 2+

Superheroes can spend a fun afternoon with their adult family member or friend dressed as their favorite heroic character and demonstrate their extraordinary talents. The afternoon includes superhero games, picture taking with real superheroes, refreshments, and more. Special Superhero guests will be city of Rockville police officers. Pre-registration fees \$12R/\$14NR per person. Course #58689.

Cops and Kids Night Out

STOP what you are doing, DROP the electronics, and come PLAY with City of Rockville's finest! The city's community centers host three different nights of events with Rockville police officers. Jump with Cops at Thomas Farm Community Center for a night playing in inflatable equipment. Hoops with Cops for a variety basketball fun at Lincoln Park Community Center. Play games with Cops at Twinbrook Community Center. See page 13 for more info.

Spring Festival and Native Plant Sale

Croydon Creek Nature Center

Saturday, April 29, 10 a.m.-2 p.m.

Help Croydon Creek celebrate 15 years of quality environmental education programs! Enjoy hikes, activities, a live animal show, face painting and food.

Twinbrook Community Day Open House

Twinbrook Community Center

Saturday, May 13 1-3 p.m.

Celebrate with your neighbors! Fun activities for all ages, children's crafts, games and more. Free event.

Royal Tea Party

Thomas Farm Community Center

Saturday, May 13, 2-4 p.m. Age: 2+

Princesses and their royal families are invited to celebrate Mother's Day at our annual royal tea party event. Dress in your fanciest princess attire. Royal games, crafts, a formal tea, entertainment and other royal activities fill the afternoon. Children must come to the party with any adult family member or friend. Pre-registration fees \$12R/\$14NR per person. course #58688.



Outdoor Family Movie Night

Twinbrook Community Recreation Center

Friday, June 2, 8-9:30 p.m.

Enjoy a night of family fun watching a movie on the big screen. Held inside in case of inclement weather. Refreshments sold by Twinbrook Elementary School PTA. Free event.

Rockville Seniors Inc. Spring Yard Sale

Rockville Senior Center

Saturday, May 6, 8 a.m.-1 p.m. Rain date May 13.

Bargains galore, vendor spaces available. \$20 for Senior Center members, \$25 for all other vendors. Bring your own table or pay a \$10 table fee for 1 table. Call 240-314-8800 for a registration form.

Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see rockenroll.rockvillemd.gov. Enter course number to view course details.**

Arts, Dance and Enrichment

Act it Out!

Awaken creativity and boost self-confidence through this theater-arts class, which draws out positive values using storybooks. Each week, students explore their imaginations and artistic talents with theater games and by acting out stories using costumes and props. This class provides a fun and dynamic space to build confidence, courage and character. Students showcase their favorite story to family and friends on the last day.

Age: 5-7
58977 Sa 4/22-6/3 11-11:45 AM \$98/\$108
Thomas Farm CC/CARE Actor Staff

The children's ballet program for the winter/spring session is full. Participants may register for the Annual Student Ballet Performance.



Hip-Hop Dansez! Dansez!



Keep movin' and havin' fun! Learn basic hip-hop choreography with a low-impact workout and easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers.

Age: 7-11
58736 W 4/26-5/17 4:15-5 PM \$45/\$50
Twinbrook CRC/Philippe

LNM Group Piano Experience

Budding musicians participate in piano instruction and theory as well as musical games, musical listening excerpts, and related projects. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 5-12
58449 Sa 4/22-5/27 11 AM-12 PM \$169/\$179
Twinbrook Community Rec. Center Annex/Learn Now Music

Sewing for Kids

Learn how to sew and make projects and garments. This class teaches sewing terms, pattern layout, fabric cutting, hem, slit making and measuring. No experience required. All levels welcomed. Supply list will be emailed. Must bring your own sewing machine.

Age: 9+
58311 Sa 3/25-4/1 9:30 AM-12:30 PM \$65/\$75
Twinbrook CRC/Elias



DANCE IN THE ANNUAL *Student Performance*

Children, teens and beginner adults registered for ballet classes are eligible to participate in the Annual Student Performance. Pre-Ballet registrants not included. Fee includes one costume and admission for family and friends.

57675 Sa 6/3 12 PM \$50
F. Scott Fitzgerald Theater

Before and After School Enrichment

Early Birds



This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall ES and Twinbrook ES. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

58960	M-F	3/27-5/12	7-9:30 AM	\$120/\$130
58961	M-F	5/15-6/16	7-9:30 AM	\$120/\$130

Twinbrook Community Rec. Center Annex

After School Adventure



This afternoon program provides children with a safe and fun environment that includes computer lab, crafts, organized games and other enrichment activities. Transportation is available from Meadow Hall and Twinbrook elementaries. The program does meet on MCPS early release days.

Age: 5-11

58957	M-F	3/27-5/12	3:30-6:30 PM	\$145/\$165
58958	M-F	5/15-6/16	3:30-6:30 PM	\$145/\$165

Twinbrook Community Rec. Center Annex

Clubhouse



Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, crafts and games are scheduled daily. Field trips and special events are held throughout the year. The OrganWise Guys through National Recreation and Parks Association has teamed up with LPCC to provide a unique nutrition and physical activity program weekly to each participant. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick ups. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request.

Grade: K-5

57968	M-F	3/27-5/12	3:30-6:30 PM	\$115/\$135
59261	M-F	5/15-6/16	3:30-6:30 PM	\$115/\$135

Lincoln Park CC/Chase

Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help, crafts, games and gym time are part of each day. A healthy snack is provided daily. The club meets on MCPS early release days but is not held on non-school days.

Age: 5-11

57796	M-F	3/27-5/12	3:50-6:30 PM	\$145/\$165
57797	M-F	5/15-6/16	3:50-6:30 PM	\$145/\$165

Twinbrook ES

School Break Programs Children's

New! LEGO Engineering – by DEILAB

Enhance curiosity and ignite ingenuity through LEGO-based engineering and architectural design. Engage in hands-on building projects while learning real-life applications in the areas of STEAM (science, technology, engineering, art, math) in a fun, cooperative environment. General recreational activities are part of the day. Bring a lunch and a drink.

Age: 5-12

58582	M-Th	4/10-4/13	9 AM-3:30 PM	\$299/\$319
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Ritchie Park ES

Spring Break Mini Camps



Children in Kindergarten through fifth grade enjoy supervised programs and participate in crafts, organized games, sports and adventure. Mini-Camp also includes different day trips. Programs may vary slightly by location. Participants should bring a lunch each day and wear comfortable clothes and sneakers.

Grade: K-5

58969	M-Th	4/10-4/13	9 AM-3 PM	\$150/\$170
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Twinbrook Community Rec. Center Annex

Grade: K-5

58970	M-Th	4/10-4/13	9 AM-3 PM	\$150/\$170
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Lincoln Park CC

Grade: K-5

58741	M-Th	4/10-4/13	9 AM-3 PM	\$150/\$170
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Thomas Farm CC

Like us on Facebook



City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues





Summer Camps

We've Got Your Summer Covered!

Camps • Playgrounds • Teen Activities

Open to all metro-area families

Camps: Register for our popular Summer Blast, affordable all-day camp care, now at four locations. Enjoy specialty camps, including cooking, Mad Science, Robotics, LEGO, soccer, baseball, Advanced Survivor Skills and more. Offered June 19-Sept. 1.

Playgrounds: Sports, games, crafts, and other supervised recreation activities. Offered June 26-Aug. 3, 9:30-3:30 p.m. in neighborhood locations throughout Rockville.

Teens: Future Leaders Camp, Leaders In Training volunteer opportunity, Skateboarding Camps and Teens on the Go.

Pick up your guide at City Hall, Rockville recreation centers or the Rockville or Twinbrook libraries.

View Our summer programs at www.rockvillemd.gov/camps.

REGISTER NOW

www.rockvillemd.gov/recreation

240-314-8620

Rockville Earns National Recognition for Healthy Initiatives

Let's Move! Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

Playful City USA – The city was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.



Do your summer vacation plans include swimming?



Sign up for learn to swim classes today

at the Rockville Swim and Fitness Center

355 Martins Lane,
Rockville, MD 20850

www.rockvillemd.gov/swimcenter

Summer Blast Camps

Rockville's premiere all-day, summer-long camps start

June 19 and run until Aug. 25.

For Ages: 5-11
7:30 a.m.-6 p.m.



Have a blast at this all-day, all-summer fun and active camp!

Register by the week or stay all summer long.

Four convenient locations for parents:

- College Gardens ES
- Elwood Smith Recreation Center
- Lakewood ES
- Ritchie Park ES
- Twinbrook Community Recreation Center Annex



View the camp guide online at
www.rockvillemd.gov/camps

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Karate – Tang Soo Do Youth

This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first-time students.

Little Ninjas – Age: 5-7

58439	M & W	4/24-5/24	(M) 5:30-6:10 PM (W) 4:15-4:55 PM	\$99/\$109
58440	Tu & Th	4/25-5/25	5:55-6:35 PM	\$99/\$109

Youth – Age: 8-12

58441	M & W	4/24-5/24	(M) 4:15-5 PM (W) 5-5:45 PM	\$109/\$119
58442	Tu & Th	4/25-5/25	6:30-7:15 PM	\$109/\$119

Kicks Karate/Staff

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

59117	Sa	4/22-6/10	10:15-11 AM	\$86/\$99
59119	W	4/19-6/7	6:10-6:55 PM	\$98/\$113

Rockville Swim and Fitness Center/Resendiz/Mustafa

New! Mini Cheer

Enjoy this introductory level cheerleading class, where everyone is on the squad! Build confidence, coordination, self-esteem and team work skills as you practice tumbling skills, motions, cheers and stunts. Class is taught by the Richard Montgomery High School cheerleading coach and student volunteers from their cheer team.

Age: 6-10

58739	W	4/19-5/24	4:30-5:15 PM	\$69/\$79
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Elwood Smith RC/Saucier



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

New! Ninja Warrior Gymnastics

Roll, jump, climb and flip just like a ninja warrior. Use balance, agility, and vaulting skills to master various obstacle courses as you are introduced to elements of parkour. Safe and proper gymnastic techniques are emphasized. No previous experience necessary.

Age: 7-10

58695	M	4/24-6/5	5-6 PM	\$75/\$85
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Xtreme Acro and Cheer/Staff

New! Stop, Drop, Play with Cops

STOP what you are doing, DROP the electronics, and come PLAY with City of Rockville's finest! The city's community centers host three different nights of events with Rockville police officers. Jump with Cops at Thomas Farm Community Center for a night playing in inflatable equipment. Hoops with Cops for a variety basketball fun at Lincoln Park Community Center. Games with Cops at Twinbrook Community Center playing games with Cops.

Grade: 1-4

59254	F	4/28	7-9 PM	\$10/\$12
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Lincoln Park CC

Grade: 3-7

59252	F	3/24	7-9 PM	\$10/\$12
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Thomas Farm CC

Grade: 3-7

59253	F	5/12	7-9 PM	\$10/\$12
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Twinbrook CRC

New! Self Defense (Kids)

Be prepared to defend yourself when you can't reason with someone and need to guard against an attack. Learn safety tips and various techniques to help you counter an offender's aggressive behavior when it's a last resort to resolve a situation.

Age: 7-11

59268	M	4/3	6:45-7:30 PM	Free Demo
59269	M	4/24-6/5	6:45-7:30 PM	\$49/\$59

Lincoln Park CC/Beale

Taekwondo for Kids

Martial arts and fun activities that help your child learn self-defense, and improve their confidence and self-discipline. Class covers basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified fourth-degree black belt.

Age: 6-11

59131	Su	4/23-6/11	2:30-3:30 PM	\$70/\$82
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Rockville Swim and Fitness Center/Criollo-Puente

Taekwondo for Kids-Intermediate



For students that have already taken Taekwondo for Kids, work on more advanced techniques. Covers kicks, blocks, strikes and self-defense. Taught by a World Taekwondo Federation certified fourth-degree black belt. Students have the optional opportunity for a belt promotion at the end of the course. Please note: A Taekwondo uniform is required for this class. Participants can wear their own or purchase one on the first day of class for \$20.

Age: 6-11

59133 Su 4/23-6/11 3:30-5 PM \$105/\$123
Rockville Swim and Fitness Center/Criollo-Puente

Tumbling and Tramp



Students learn a variety of tumbling skills from forward rolls to back handsprings, and progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops, straddle and tuck jumps, are also taught.

Age: 4-6

58476 F 4/21-5/26 4:30-5:30 PM \$75/\$85

Age: 7-12

58477 F 4/21-5/26 5:45-6:45 PM \$75/\$85
Xtreme Acro and Cheer/Staff

Yoga – For Kids



Learn yoga poses, breathing and relaxation exercises to cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills and concentration. Wear comfortable clothing.

Age: 6-10

58317 Sa 4/22-5/20 10-10:45 AM \$40/\$45
Thomas Farm CC/Portis

Zumba Fit – Kids



Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and internationally inspired program, this high-energy/low-impact class has something to offer all fitness levels.

Age: 7-12

59155 Sa 4/22-6/10 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/Fasano

Worried about the weather?
Call the Rec Line at 240-314-5023.
Press #1 for class status.

Sports – Instructional

We recommend bringing a water bottle to all sports programs.

New! Baseball Skills



Designed for children with previous baseball or T-ball experience, students move away from the tee and develop intermediate level skills. Throwing, catching and batting techniques are emphasized and more advanced game-like situations are introduced. Bring a mitt to class.

Age: 6-9

58693 Tu 4/18-5/23 5:30-6:15 PM \$75/\$85
Montrose CC & Pk./Thomas

Basketball Skills and Development



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 8-10

58424 Th 3/30-5/18 4:15-5:05 PM \$79/\$89

Age: 10-12

58425 Th 3/30-5/18 5:15-6:05 PM \$79/\$89

Age: 12-16

58426 Th 3/30-5/18 6:15-7:05 PM \$79/\$89
Thomas Farm CC/Jordan





Fencing – Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

58505	Th	4/20-6/8	6-7 PM	\$128/\$140
58506	Sa	4/22-6/17	11 AM-12 PM	\$128/\$140

Age: 10-13

58508	Th	4/20-6/8	7:20-8:40 PM	\$128/\$140
58509	Sa	4/22-6/17	12:20-1:40 PM	\$128/\$140

Rockville Fencing Academy/Staff

Lacrosse for Girls



Beginner to intermediate skills and offensive/defensive strategies are taught. Participants are divided into groups based on age and skill level. Bring a woman's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (two or more) and \$10 off for each member of a team (five or more). To receive a discount, register by mail, fax or walk in.

Grade: K-4

58443	Su	4/23-5/14	12-1:30 PM	\$75/\$88
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Grade: 5-8

58444	Su	4/23-5/14	12-1:30 PM	\$75/\$88
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Welsh Park/McCormick

Little Big Shots Basketball



Children are introduced to basketball skills such as dribbling, passing, catching and shooting, all through fun games and activities. Develop motor skills and learn good sportsmanship along the way.

Age: 6-8

58445	Sa	4/22-6/10	11-11:45 AM	\$75/\$85
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Thomas Farm CC/Rose

New! Make It Happen Basketball



This basketball program features techniques and drills to turn you into a complete player. Learn fundamentals and increase speed and footwork with special speed and agility training. Program is taught by an instructor who played overseas against some of the NBA's finest players, and who currently plays for a semi-professional basketball team. Bring water and wear comfortable shoes. No class on May 29.

Age: 9-11

59259	M	5/1-6/12	6:30-8:15 PM	\$50/\$70
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Lincoln Park CC/Williams

New! Rugby Skills – Beginner (Co-ed)



Learn the international game of rugby, which is known as the father of American football. Basic rules of the sport are taught by playing noncompetitive games designed to improve catching, kicking, and throwing skills. Foot work, defensive strategies and scrimmages are introduced as skills progress. Self-esteem and sportsmanship are emphasized. Cleats are recommended.

Age: 6-9

59169	Sa	4/22-5/13	10-10:50 AM	\$49/\$59
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Age: 9-12

59170	Sa	4/22-5/13	11-11:50 AM	\$49/\$59
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Montrose CC & Pk./Thorlu-Bangura

Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages are introduced based on skill level of participants.

Age: 3-4

58464	Sa	4/1-5/13	9-9:50 AM	\$75/\$85
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Age: 5-6

58465	Sa	4/1-5/13	10-10:50 AM	\$75/\$85
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Age: 7-8

59164	Sa	4/1-5/13	11-11:50 AM	\$75/\$85
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King Farm Park/Hawkins

Age: 4-6

58466	Th	3/30-5/11	4:30-5:20 PM	\$75/\$85
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Age: 6-8

58467	Th	3/30-5/11	5:30-6:20 PM	\$75/\$85
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Montrose CC & Pk./Hawkins

T-Ball Skills – Beginner



Experience what it's like to be on a team through game-like play! Coaches teach the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are introduced. Bring a mitt to class.

Age: 4-6

58694 Tu 4/18-5/23 4:30-5:15 PM \$75/\$85
Montrose CC & Pk./Thomas

Age: 5-7

58472 Sa 4/22-6/3 11-11:50 AM \$75/\$85
King Farm Park/Orrrell

Tennis – 10 and Under



Using kid-sized rackets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racket and ball activities, and enjoyable tennis games. Junior rackets are provided.

Age: 5-6

58533 Sa 4/1-5/13 9-9:45 AM \$75/\$85
King Farm Park/Gough

Age: 5-7

58540 W 4/19-5/24 5:30-6:20 PM \$75/\$85
Woodley Gardens Pk./Raaf

Age: 6-8

58536 Su 4/9-5/21 10-10:50 AM \$75/\$85
King Farm Park/Z. Yargici

Age: 6-8

58541 Th 4/6-5/18 5-5:50 PM \$75/\$85
Montrose CC & Pk./Z. Yargici

Age: 6-8

58544 Sa 4/22-6/3 3-3:50 PM \$75/\$85
Woodley Gardens Pk./Raaf

Age: 7-8

58534 Sa 4/1-5/13 10-10:50 AM \$75/\$85
King Farm Park/Gough

Age: 8-10

58535 Sa 4/8-5/20 4-4:50 PM \$75/\$85
Thomas Farm CC/Z. Yargici

Age: 8-10

58542 Th 4/6-5/18 6-6:50 PM \$75/\$85
Montrose CC & Pk./Z. Yargici

New! Tennis – Round Robin Tournament



Enjoy putting your tennis skills into action during this fun round robin tournament that allows players to be exposed to game play and various opponents. After each round, players change courts and play a new participant using no ad scoring and shorter sets. Pre-requisite: (novice level) Players must be able to serve, rally and keep score. Raintdate, June 10.

Age: 11-15

58700 Sa 6/3 9 AM-1 PM \$25/\$30
Broome Gym & Pk./Gough

Tennis (Adult/Child)



Want to learn tennis with your child? This class teaches tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; please register child only. Adults should bring a racket. All other equipment is provided.

Age: 8-10

58528 Sa 4/8-5/20 5-5:50 PM \$89/\$99
Thomas Farm CC/Z. Yargici

Tennis Skills and Drills



Develop and improve fundamental skills including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that keep you moving. Bring a racket and water bottle.

Age: 8-11

58556 Tu 4/4-5/16 6-6:50 PM \$75/\$85
King Farm Park/Gough

Age: 9-12

59265 Sa 4/8-5/20 5-5:50 PM \$75/\$85
Mattie Stepanek Park/M. Yargici

Age: 11-14

58555 Tu 4/4-5/16 7-8:10 PM \$79/\$89
58554 Sa 4/1-5/13 11-11:50 AM \$75/\$85
King Farm Park/Gough

Age: 12-15

59266 Sa 4/1-5/13 12-1:10 PM \$79/\$89
King Farm Park/Gough

UK Elite Soccer – Brazilian Theme LET'S MOVE!

Improve fundamental techniques, skills and all aspects of your game using Brazilian-style tactics of soccer. Wear shin guards. Cleats are recommended.

Age: 7-10

58482 W 4/5-5/17 6-7 PM

\$105/\$119

King Farm Park/UK Elite Staff

UK Elite Soccer – Technical LET'S MOVE!

Focusing on the individual, this class teaches techniques and skills. A typical hour includes games, structured practices and scrimmages. Our professional coaches ensure players improve their game and have a memorable experience. Wear shin guards. Cleats are recommended.

Age: 5-6

58483 W 4/5-5/17 6-7 PM

\$105/\$119

King Farm Park/UK Elite Staff



YOUTH SPRING



Leagues Now Forming • Space is Limited

Co-Ed T-ball Minors

Age: 4-6

#57819

Co-Ed Coach Pitch Baseball

Age: 7-9

#57818

Co-Ed Soccer

Ankle Bitters	Grade: Pre-K	#57824
Tiny Kicks	Grade: K	#57825
Strikers	Grade: I	#57827
Pee Wees	Grade: 2-3	#57826

Co-Ed Track and Field

Bantams	Born: 09-11	#57820
Midgets	Born: 07-08	#57821
Juniors	Born: 05-06	#57822
Intermediates	Born: 03-04	#57823
(or in eighth grade)		

For more information:

Email sports@rockvillemd.gov

www.rockvillemd.gov/recreation/sports

240-314-8620

REDGATE JUNIOR GOLF CAMP

SPRING BREAK AND ALL SUMMER LONG!

REGISTER TODAY

Register at redgategolf.com/academy



MANAGED BY
BILLY CASPER GOLF

Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770

www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register. All Ages.

Ask a Naturalist

Curious about nature? You bring your burning questions about the natural world and we'll bring the s'mores ingredients.

59199	Su	4/2	3:30-4:30 PM	\$5/\$6
59200	Sa	5/20	3:30-4:30 PM	\$5/\$6

Earth Day Celebration

Learn the history behind Earth Day and discover some amazing nature facts.

59201	Sa	4/22	7:30-8:30 PM	\$5/\$6
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Butterflies and Moths

Explore the wonderful world of the Lepidoptera as you learn what differentiates moths from butterflies!

59202	Sa	5/6	8-9 PM	\$5/\$6
Croydon Creek Ntr. Ctr.				

iNaturalist



iNaturalist is a site, app and community for reporting personal observations of any plant or animal in the world. It's a great platform for recording daily observations of the living natural world and a useful tool to find out what others have seen in a particular area. We explain more about the app and website and teach participants how to use the app on a hike in the forest. Download it on iTunes or Google Play prior to class.

Age: 12+

59193	Sa	5/13	9:30-10:30 AM	Free
Croydon Creek Ntr. Ctr.				



Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time is spent outdoors, weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended. Ages 18-36 months.

Beaks & Feet

59204	Th	4/6	10-11 AM	\$7/\$8
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Spring Babies

59205	Th	4/20	10-11 AM	\$7/\$8
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Sticks & Stones

59206	Th	5/4	10-11 AM	\$7/\$8
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Flowers

59207	Th	5/18	10-11 AM	\$7/\$8
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Sounds in Nature

59208	Th	6/1	10-11 AM	\$7/\$8
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Butterflies

59209	Th	6/15	10-11 AM	\$7/\$8
Croydon Creek Ntr. Ctr.				

New! Morning Bird Walk

Spring is migration time for birds and the Hayes Forest Preserve plays host to several interesting species. Join Pete Givan from Rockville's Wild Bird Center for a walk in the woods to learn about the birds that make their home at Croydon Creek and perhaps discover some others who are just passing through. We have a limited supply of binoculars, so bring your own if you have them.

Age: 14+

59216 Sa 4/1 8-10 AM Free
Croydon Creek Ntr. Ctr.

Nature Tots (Adult/Child)

Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather. Adult participation required. Spaces are limited. Ages 2-5.

Backyard Buddies

59187 Tu 4/4 10-11:30 AM \$8/\$10

A Bug's Life

59188 Sa 4/22 10-11:30 AM \$8/\$10

Nocturnal Animals

59189 Sa 5/20 10-11:30 AM \$8/\$10

Creek Critters

59190 Sa 6/17 10-11:30 AM \$8/\$10

Croydon Creek Ntr. Ctr.

**Outdoor Science Club**

Young scientists investigate a variety of science topics through hands-on activities and time spent exploring the forest preserve. Ages 6-8.

Birds

Beginner birders investigate the basics of birding using binoculars to discover area avians.

59213 Su 4/30 1:30-3 PM \$8/\$10

Plants

Spend time in the meadow and forest learning how to identify common flowering plants.

59214 Su 5/21 1:30-3 PM \$8/\$10

Spring Stream Ecology

Prepare to get wet as we take to the creek to discover late-spring macroinvertebrates.

59215 Su 6/18 1:30-3 PM \$8/\$10

Croydon Creek Ntr. Ctr.

Star Party

Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register. This program is dependent on good weather and clear skies.

Age: 7+

59203 Sa 6/3 9-10 PM \$7/\$9

Croydon Creek Ntr. Ctr.





Summer Camps Open House

held at Croydon Creek Nature Center

Friday, June 2, 5:30-7:30 p.m.

Registered for a summer camp/playground in Rockville?

Bring your kids and their completed camp forms this evening to CCNC to experience a city summer camp preview.

Children will meet some of our staff, try a few camp activities and roast marshmallows by the campfire while adults drop off completed camp paperwork.

FREE EVENT

Open to families registered for any summer camp operated by the City of Rockville.

852 Avery Road, Rockville, MD

240-314-8770



15 Things to Celebrate CCNC's 15th Anniversary

Opened in April 2002, CCNC was envisioned as a place for local residents to discover the wonders of nature in Rockville. Here's a list of activities that you can do to help us celebrate 15 years of providing high-quality environmental education programs to the public!

1. Enjoy a free bird hike on April 1*
2. Help clean up the creek on April 8
3. Spend the day at our Spring Festival and Native Plant Sale on April 29
4. Take a hike in the Hayes Forest Preserve
5. Share your favorite Croydon Creek photo on Instagram using #croydoncreek
6. Help at our Invasive Species Plant Pull on May 7
7. Bring a question to our Ask a Naturalist Campfire on April 2 or May 20*
8. Learn about the stars at our Summer Star Party on June 3*
9. Join us for a Family Creek Crawl on July 16*
10. Participate in our coloring contest happening June-August
11. Attend our birthday party on Sept. 16*
12. Visit 15 of Rockville's 65 parks
13. Stop by for a self-guided scavenger hunt happening during the month of September
14. Bring a friend to our Croydon Creep Halloween Event on Oct. 20
15. Stop by in October to sign our anniversary photo

*Registration required for this event



Green Your Backyard

Saturday, April 1, 10-11:30 a.m.

Twinbrook Community Rec. Center
12920 Twinbrook Parkway, Rockville

Learn about RainScapes Rewards and other city programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis; registration required. To register, call the RainScapes coordinator at 240-314-8877 or email rainscapes@rockvillemd.gov with your name and address. Free



Saturday, May 20 • 9 a.m.-5 p.m.

The National Parks Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate

KIDS TO PARKS DAY

Spend time outdoors. Enjoy the Hayes Forest Preserve.

240-314-8770

15TH ANNUAL

Spring Festival and Native Plant Sale

Saturday, April 29
10 a.m.-2 p.m.

Bring the entire family and enjoy the wonders of nature in an urban setting

- Woodland Hikes
- Spring Native Plant Sale
- Nature Games and Crafts
- Live Animal Show
- Face Painting
- Sustainability Exhibits

FREE EVENT

No registration required

852 Avery Road,
Rockville, MD 20851
240-314-8770

www.rockvillemd.gov/croydoncreek



CLEAN-UP EVENTS

Hayes Forest Preserve

Trash Free Potomac Creek Clean-up

Saturday, April 8, 9 a.m.-noon

Invasive Species Pull

Sunday, May 7, 1:30-4:30 p.m.



- Time working at events is eligible for Student Service Learning hours.
- Students 14 years and younger must be accompanied by an adult.
- Gloves and bags provided.

At Croydon Creek Nature Center.

No registration required

240-314-8770

Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

Lincoln Park Community Center (Isreal Park)

April 15-Oct. 15
www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

April 15-Oct. 15
www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Arts, Dance and Enrichment

New! Ballet – Partnering

Learn ballet partnering techniques geared toward building strength. Master the lifts and turns of Rockville Civic Ballet's repertoire. Develop trust between yourself and your partner through the art of the pas de deux. Students must be registered for and attend Advanced Ballet #57096. See Adult Ballet section for classes available for ages 13+.

Age: 16+

57689 W 4/19-5/31 7:15-8 PM

\$49/\$55

Rockcrest Ballet Ctr./Langdon



Before and After School Enrichment

Totally Teens

An after-school program just for teens! Homework help, community service projects, sports, arts, dance, video games, pingpong, special interest clubs and more. Registration required. Transportation is provided from Julius West Middle School. The program is held on early release days. It is not held on holidays or when Montgomery County Public Schools is closed.

Grade: 6-10

58764 M-F 4/4-6/16 3:15-6:30 PM

\$290/\$330

Thomas Farm CC

Twinbrook Teen Scene

Teen Scene provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on Montgomery County Public Schools early release days.

Grade: 5-8

58965 M-F 3/27-5/12 3-6:30 PM

\$145/\$165

58966 M-F 5/15-6/16 3-6:30 PM

\$145/\$165

Twinbrook CRC

WE WANT YOU!

Are you great with children?

Are you enthusiastic and energetic?

Are you creative?

**Apply Now for Summer 2017
Camps and Playgrounds**



Employment opportunities available June through August

- Plan and teach sports and games • Outdoor activities • Arts and crafts • Special events
- Swimming • Theme weeks and more!

For job openings and application information, visit www.rockvillemd.gov/careers

Applications may also be completed at Rockville City Hall, Human Resources,

111 Maryland Ave., Rockville, MD 20850. EOE

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

New! Cheer Squad

Be part of the squad! This recreational class teaches motions, formations, cheers and jumps while strengthening muscles and developing coordination. Beginner stunting, such as preps and dismounts, are taught as skills progress. Class is taught by the Richard Montgomery High School cheerleading coach and student volunteers from their cheer team.

Age: 10-14
58737 W 4/19-5/24 3:30-4:15 PM \$69/\$79
Elwood Smith RC/Saucier

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18
59135 M 4/17-6/5 7-8 PM \$70/\$81
Rockville Swim and Fitness Center/Colbert

Yoga for Teens

All 12-16 year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques, and meditation. This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16
59149 Su 4/23-6/11 10:15-11:15 AM \$89/\$105
Rockville Swim and Fitness Center/Mustafa



THEME PARK TICKETS

On Sale
Early April

Parks, prices and
information to be
announced soon
Call 240-314-8620

Help Rockville Youth . . . Become a



- Work with elementary school students.
- One-on-one mentoring, one hour after school once/week, October-May.
- Training and support provided.
- Meet in a supervised group setting with other mentor matches.

No special skills needed . . .

just a willingness to listen, offer guidance, friendship and encouragement.

Service learning credits available for high school students over age 16.

Learn more about the Rockville Mentoring Program by calling Kate Bouwkamp at 240-314-8317 or email: kbouwkamp@rockvillemd.gov

Teens on the GO

exciting

NEW
excursions
in 2017!

Teens on the GO is a summer program for youth entering grades 6-10, held **Monday-Friday** between **June 26-Aug. 11**. Teens will be picked up and dropped off daily at **Thomas Farm Community Center, 700 Falls Grove Drive, Rockville**.

This summer participants will be on the go. **Monday will be Swim Day and Tuesday through Friday will be out and about on fun, safe and adventurous trips.** One week prior to each trip, an itinerary with specific information will be emailed to each participant. If you don't receive one, call 240-314-8638.

Cost: \$275/\$295 per week. Week of July 3-7, \$220/236. Cost includes entrance fees, MCPS or charter bus transportation and supervision. Trips/schedules are subject to change. **Must register as a TOTG member (#59255).** This course is free.

Teens on the Go participants can purchase a special center pass in order to use the community center services when waiting for the trips to leave the center and on return. This pass does not include the fitness center. The cost is \$10 for residents and \$15 for nonresidents. The pass is only good Monday through Friday for the duration of the Teens on the Go program.

June 26-June 30 – Deadline to register 6/16

59245	Swimming	Mystics Game	Splash Down	Billy Goat Trail/Ice Cream	Kings Dominion
	noon-5 p.m.	10 a.m.-5 p.m.	10 a.m.-5 p.m.	11 a.m.-5 p.m.	9 a.m.-8 p.m.

July 3-7 – Deadline to register 6/23

59246	Swimming	No Camp	Ropes Course/Swim	Sky Zone/Movie	Six Flags
	noon-5 p.m.	4th of July	10 a.m.-5 p.m.	10 a.m. 5 p.m.	10 a.m.-8 p.m.

July 10-14 – Deadline to register 6/30

59247	Swimming	ZavaZone/Bowling	Pottery & Laser Tag	Medieval Times	Rafting
	noon-5 p.m.	10 a.m.-5 p.m.	10 a.m.-3 p.m.	9 a.m.-4 p.m.	8 a.m.-4 p.m.

July 17-21 – Deadline to register 7/7

59248	Swimming	Cunningham Falls	Mini Golf/Bowling	Spy Museum	Kings Dominion
	noon-5 p.m.	10 a.m.-5 p.m.	10 a.m.-5 p.m.	10 a.m.-5 p.m.	9 a.m.-8 p.m.

July 24-28 – Deadline to register 7/14

59249	Swimming	Dave & Buster's/Movie	River Tubing	Nationals Game	Six Flags
	noon-5 p.m.	10 a.m.-5 p.m.	8 a.m.-4 p.m.	10 a.m.-5 p.m.	10 a.m.-8 p.m.

July 31-August 4 – Deadline to register 7/21

59250	Swimming	Sky Zone/Movie	Billy Goat Trail/Ice Cream	Splash Down	Hershey Park
	noon-5 p.m.	10 a.m.-5 p.m.	11am-5pm	10 a.m.-5 p.m.	8 a.m.-8 p.m.

August 7-11 – Deadline to register 7/28

59251	Swimming	Pottery/Laser Tag	Rope Course/Swim	ZavaZone/Bowling	Kings Dominion
	noon-5 p.m.	10 a.m.-5p.m.	10 a.m.-5 p.m.	10 a.m.-5 p.m.	9 a.m.-8 p.m.

Coming to your community this fall!

Youth Fall Sports Leagues:

- Co-Ed Soccer: Pre-K through eighth grade
- Co-Ed Cross Country: First through eighth grade

Adult Fall Sports Leagues:

- Men's Softball
- Men's Basketball
- Co-Rec Reverse Softball
- Co-Rec Volleyball (indoors)
- Women's Volleyball (indoors)
- Co-Rec Soccer 7's
- 42nd Annual Rockville 10K/5K race

The Sports Division fall sports leagues details will be available in our summer guide on May 2 and online at: www.rockillemd.gov/recreation/sports

Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach on of our youth sports leagues this spring:

- Youth Soccer
- T-ball or Coach Pitch
- Track and Field

For more information call 240-314-8620 or email sports@rockvillemd.gov

CHECK OUT YOUR Local Centers



CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday-Saturday 9 a.m.-5 p.m.

Sunday, 1-5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday-Saturday, 9 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m.

Sunday, 9 a.m.-8:30 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m. (April-Oct.)
and 9 a.m.-8:30 p.m. (Nov.-March)

2017 WOOTTONS MILL GARDEN PLOT PROGRAM

Registration opens Feb. 1st;
plots are ready for use April 1,
program ends Nov. 12.

Woottons Mill Park

Join over 100 active gardeners. Make friends and be active while reaping the benefits of growing your own fresh vegetables. The City of Rockville provides access to water. Garden plots are approximately 25 by 25 feet. Gardeners provide their own fencing, weed barrier, hoses, tools and other gardening supplies.

Garden plots are \$80 for non-rockville residents, \$55 for Rockville residents. Visit www.rockvillemd.gov/gardenplots to download an information packet with a registration form.

11th Annual Rockville Ride of Silence

Town Center Plaza

Wednesday, May 17, 7 p.m.

Meet in front of the Rockville library with your bike and helmet for a 10-mile police-escorted ride through Rockville neighborhoods to honor those who have been killed or injured on a bicycle. Participants must be comfortable riding on streets with traffic and ride approximately 10 miles in one hour. Free; no registration needed.

www.rideofsilence.org
for additional information



Twinbrook Community Day

Open House

*Connect, Create, Celebrate
with your neighbors!*

Saturday, May 13

1-3 p.m.

Celebrate with your neighbors!
Fun activities for all ages, children's
crafts, games and more. Free event.



**Fruit • Vegetables • Meat • Flowers
Cheese • Bread • Baked Goods**

Saturdays

May 13-Nov. 18 • 9 a.m.-1 p.m.

corner of Route 28 and Monroe Street
WIC and EBT/SNAP accepted

[www.Facebook.com/
RockvilleFarmersMarket](http://www.Facebook.com/RockvilleFarmersMarket)



www.rockvillemd.gov/farmers • 240-314-8620

Arts, Dance and Enrichment

Ballet

Classes are geared for those with a range of interests and abilities, and planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in.

Beginner-Intermediate – Age: 13+

57667	Th	2/23-3/30	8-9:15 PM	\$69/\$80
57673	Sa	2/25-4/1	9-10 AM	\$70/\$80
57668	Th	4/20-5/25	8-9:15 PM	\$79/\$90
57674	Sa	4/22-5/27	9-10 AM	\$70/\$80

Advanced – Age: 13+

57664	Th	2/23-3/30	6:30-8 PM	\$85/\$95
57671	Tu	4/25-5/30	6:30-8 PM	\$95/\$105
57665	Th	4/20-5/25	6:30-8 PM	\$95/\$105
57670	Tu	2/21-4/18	6:30-8 PM	\$95/\$105

Rockcrest Ballet Ctr./Chongpinitchai/Simpson

New! Ballet Workshop – From Studio to Stage

Beginner adult students refine their technique and work on skills to prepare them for performing on stage.

Age: 16+

59165	Sa	5/6	2-4 PM	\$20
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Rockcrest Ballet Ctr./Simpson

New! Ballet Workshop – Advanced Beginner

A chance to strengthen technique, correct alignment, perfect turns, and push yourself to a realm of dance you have always wished to enter. Session begins with full barre and technique class, followed by workshops of: Friday, adagio and alignment; Saturday, perfecting pirouettes and turns; Sunday, ballon and beats, feeling lightweight in jumps. Each class ends with a variation utilizing what was focused on in the workshop.

Age: 12+

58579	F	6/9	7-9:30 PM	\$25
58580	Sa	6/10	12-2:30 PM	\$25
58581	Su	6/11	12-2:30 PM	\$25

Rockcrest Ballet Ctr./Chongpinitchai



Broadway Moves

Dance like a Broadway star! This fun and energetic exercise class focuses on being the one singular sensation that is you. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+

58297	Tu	3/21-5/30	9:30-10:30 AM	\$115/\$125
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Thomas Farm CC/Devine

New! Guitar

Learn the basics or refresh your acoustic guitar skills in a variety of styles. Class covers basic strumming techniques, scales and melodies, basic theory, and tips to get you playing like a champ! Students have the opportunity to play chords, melodies and even sing along to some of their favorite songs. Students need a guitar and notebook. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820.

Age: 13+

58687	W	4/19-5/24	6-7 PM	\$99/\$119
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The School of Music/Mittleman

Community Spring Yard Sale and Bazaar

It's that time of year again! Spring has sprung! Clean out those closets and find some treasures to sell at our annual spring yard sale. Vendors must pre-register with payment to secure a space. Payment holds one parking spot and one 6-by-3-foot table. Set-up time is 7-8 a.m. Held at Richard Montgomery High. Rain date: April 23. Only one table permitted per spot when providing your own table. Table cannot exceed 6-by-3 feet. No food or weapons can be sold.

One City Provided Table

59256	Sa	4/22	8 AM-12 PM	\$30
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Additional City Provided Table

59257	Sa	4/22	8 AM-12 PM	\$30
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Bring Your Own Table (1-6x3 ft)

59258	Sa	4/22	8 AM-12 PM	\$20
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Richard Montgomery HS

Tap Dance

In this introduction to a Broadway-style staple, students experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class builds on the last one to a complete a simple routine. Contact Rowena at 301-467-3535 if you have further questions. Tap shoes required.

Beginner – Age: 16+

58312 W 4/19-6/7 6:30-7:25 PM \$79/\$89

Intermediate/Advanced – Age: 16+

58313 W 4/19-6/7 7:30-8:25 PM \$79/\$89
Twinbrook CRC/DeLuca

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

58484 Sa 4/8-6/10 8:30-9:30 AM \$60/\$70
Rockville Sr. Ctr./Hersh

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

59079 M 4/17-6/5 12:45-1:15 PM \$35/\$42
59080 M 4/17-6/5 8:05-8:35 PM \$35/\$42
59081 W 4/19-6/7 12:45-1:15 PM \$40/\$48
59082 W 4/19-6/7 8:05-8:35 PM \$40/\$48
59083 F 4/21-6/9 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center/Gwet/Resendiz

Body Fit

Cardio moves combined with strength building, core work and stretching to get your body in tiptop shape. Challenge yourself to reach your fitness goals with this full-body workout. Bring a mat and weights to class.

Age: 16+

59198 Tu 4/4-6/6 6-6:45 PM \$66/\$76
Twinbrook CRC/Ohlandt

Body Sculpt

Be prepared to sweat! This total-body workout combines high intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+

59089 Th 4/20-6/8 6-7 PM \$56/\$65
Rockville Swim and Fitness Center/Johnson

Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class will start with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full-body stretch. The focus will be on maintaining great form throughout all of the movements.

Age: 16+

59091 Tu 4/18-6/6 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Gwet

Bootcamp – Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

59093 M 4/17-6/5 5:45-6:45 PM \$56/\$65
59094 W 4/19-6/7 5:30-6:30 PM \$64/\$75

Rockville Swim and Fitness Center/Resendiz/Johnson

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Twitter and Instagram
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Bootcamp – Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Work out in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

59097	M	4/17-6/5	6:30-7:30 AM	\$56/\$65
59098	M	4/17-6/5	7-8 PM	\$56/\$65
59099	W	4/19-6/7	6:30-7:30 AM	\$64/\$75
59101	F	4/21-6/9	6:30-7:30 AM	\$64/\$75

Rockville Swim and Fitness Center/Resendiz/Gwet/Hendricks

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

59107	Th	4/20-6/8	7-8 PM	\$56/\$65
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Rockville Swim and Fitness Center/Resendiz

Cardio Quick Fit

The perfect workout for anyone who has trouble finding a full hour to exercise. Participants will receive high intensity interval training through upper and lower body cardio interval sets using body weight. No equipment needed.

Age: 16+

58489	Th	4/6-6/8	5:45-6:15 PM	\$35/\$40
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Twinbrook CRC/Ohlandt

Cardio Strength and Fitness

This high-energy, full-body workout is designed to burn calories and get you fit as you improve endurance and flexibility. Class combines cardio, core work and strength training to improve overall fitness. Bring a mat and weights to class.

Age: 16+

59197	Su	4/2	9:30-10:15 AM	Free Demo
59275	Su	4/23-5/21	9:30-10:15 AM	\$37/\$47

Twinbrook CRC/Ohlandt

New! Chair-Zumba

This class allows the participant to enjoy all of the Zumba dance moves while seated. Combine upper and lower body movements, and give the body a total workout while listening to great music.

Age: 16+

59241	M	4/17-6/5	12-12:45 PM	\$56/\$65
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Rockville Swim and Fitness Center/Fasano

Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work are included, along with a variety of strength-building exercises. Bring a mat and weights to class.

Age: 16+

58492	Th	4/6-6/15	5:45-6:15 PM	\$44/\$52
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Rockville Sr. Ctr./Ramsey

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low-impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+

58494	Tu	4/4-6/13	5:30-6:15 PM	\$83/\$93
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Thomas Farm CC/Webb

58496	Sa	4/8-6/17	9-9:45 AM	\$60/\$70
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Thomas Farm CC/Ramsey

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all-around fitness. Weights will be used.

Age: 16+

59109	Tu	4/18-6/6	11-11:45 AM	\$64/\$75
59110	Th	4/20-6/8	11-11:45 AM	\$64/\$75

Rockville Swim and Fitness Center/Resendiz

**Are you a
Senior Center member?**

If so, you are eligible for a discount on adult classes. See page 42



New! Complete, Core and More

Burn calories as you build strength and improve your endurance and flexibility. Class includes cardio, core work and a variety of exercises to improve muscle strength and toning.

Age: 16+
59232 Th 4/6-6/8 6:15-7:15 PM \$79/\$89
Thomas Farm CC/Morales

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, this class is for you. This ultimate conditioning workout is set to high-energy music with kicks, punches and strikes. All classes are taught by certified black belts. Fee includes equipment and uniform for first-time students.

Age: 13+
58431 M & W 4/24-5/24 (M) 6:15-7 PM \$99/\$119
(W) 6:20-7:05 PM
58432 Tu & Th 4/25-5/25 7:15-8 PM \$99/\$119
Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total-body blast that takes your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+
59113 Th 4/20-6/8 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Gwet

In Motion (Seniors)

This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group. Exercise can energize mood, relieve stress, help manage symptoms of illness and pain, and improve overall sense of well-being. Stay active and healthy!

Age: 16+
59115 Tu 4/18-6/6 12:45-1:15 PM \$40/\$48
Rockville Swim and Fitness Center/Gwet

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper-body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening, and a stretching segment concentrates on muscle relief and recovery. Newcomers welcome.

Age: 16+
59121 Th 4/20-6/8 12:45-1:15 PM \$40/\$48
Rockville Swim and Fitness Center/Gwet

Lo (by Jazzercise)

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total-body transformation.

Age: 16+
58513 M 4/24-6/5 6:45-7:45 PM \$47/\$57
58514 W 4/26-6/7 6:45-7:45 PM \$55/\$65
College Gardens ES/Proctor

Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility.

Age: 16+
58515 M 4/10-6/12 6:15-7 PM \$75/\$85
Thomas Farm CC/Ramsey

Pilates – Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+
58300 Tu 3/28-5/30 6:30-7:25 PM \$109/\$119
Rockville Swim and Fitness Center/Poole

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+
58299 Tu 3/28-5/30 7:30-8:25 PM \$109/\$119
Rockville Swim and Fitness Center/Poole

Pilates Mat

Pilates is a system of controlled exercises that engage the mind and condition the total body. You will learn the basic series of movement on which the Pilates method is built, including concepts of alignment, breath, neutral spine, properly engaged core, pelvic stability, spinal articulation and more. Bring a mat. No prior experience is required.

Age: 16+
58301 Th 3/30-5/4 5:15-6 PM \$59/\$69
Thomas Farm CC/Lu

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 13+
59123 Th 4/20-6/8 9:15-10:15 AM \$88/\$104
59124 Su 4/23-6/11 9:15-10:15 AM \$77/\$91
Rockville Swim and Fitness Center/Mustafa

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights.

Age: 15+
58517 M 4/3-6/12 9:30-10:30 AM \$60/\$70
Thomas Farm CC/Devine

Age: 15+
58519 Th 4/6-6/15 6:30-7:15 PM \$75/\$85
Rockville Sr. Ctr./Webb

Age: 15+
58520 W 4/5-6/7 9:30-10:30 AM \$68/\$78
58521 Tu 4/4-6/13 6:20-7:15 PM \$75/\$85
Thomas Farm CC/Lu

New! Sculpting Challenge

Burn calories, strengthen core and tone muscles during this full-body workout. Adding cardio, weights, stability balls and resistance bands keep things changing each week. As an added incentive, come five minutes early to class for an optional weigh-in to keep you motivated. Bring a mat and weights.

Age: 16+
58744 W 4/5-6/14 6:20-7:15 PM \$83/\$93
Thomas Farm CC/Ramsey

Self Defense (Adults)

Be prepared to defend yourself when you can't reason with someone and need to guard against an attack. Learn safety tips and various techniques to help you counter an offender's aggressive behavior when it's the last resort to resolve a situation.

Age: 16+
59302 M 4/24-6/5 7:30-8:30 PM \$49/\$59
Lincoln Park CC/Beale

Small Group Fitness Training

Small-group training is the perfect format to help you achieve your fitness goals. It brings accountability, and engages competition and camaraderie into a fun exercise environment. A small group setting pushes you to work harder and achieve goals faster, supervised by a fitness professional who can ensure your workout is safe and effective.

Age: 17+
58975 W 4/19-6/21 6:15-6:45 AM \$45/\$50
58976 W 4/19-6/21 12:15-12:45 PM \$45/\$50
Thomas Farm CC/Ramsey

Sunday Stretch (New extended time)

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

All Ages
59127 Su 4/23-6/11 11:20 AM-12:05 PM \$56/\$65
Rockville Swim and Fitness Center/Mustafa

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment. This class will cover basic kicks, blocks, strikes and self-defense techniques, and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified fourth-degree black belt.

Age: 15+
59129 Su 4/23-6/11 5-6 PM \$70/\$82
Rockville Swim and Fitness Center/Criollo-Puente

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T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+
58527 Tu 3/28-5/23 7-8 PM \$61/\$69
Elwood Smith RC/Lamb

New! Breath and Meditation

Learn meditation techniques, including breathing exercises, visualization and kriya (cleansing through direct awareness), to de-stress and concentrate the mind. Research has proven that people who meditate become healthier, experiencing lower blood pressure, less anxiety and an improved immune system. No previous experience necessary. All levels welcome.

Age: 16+
58746 M 4/24-5/15 6:15-7 PM \$39/\$44
Thrive Yoga/Staff

Yoga – Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat-building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+
58314 Tu 4/18-6/6 4:30-5:45 PM \$89/\$99
Thrive Yoga/Alter

Yoga – Beginner and Continuing

Be introduced to traditional yoga techniques such as meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+
58315 Th 4/6-6/8 6:30-7:30 PM \$85/\$95
Twinbrook CRC/Tufano

Age: 16+
58316 Sa 4/22-6/3 8:45-9:45 AM \$65/\$75
Thomas Farm CC/Portis

Age: 16+
58692 W 4/19-5/24 7-8 PM \$49/\$55
Lincoln Park CC/McAllister

Yoga – Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+
59141 Tu 4/18-6/6 9:15-10:15 AM \$102/\$120
59143 F 4/21-6/9 9:15-10:15 AM \$102/\$120
Rockville Swim and Fitness Center/Sarracino/Mustafa

Yoga – Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+
59137 W 4/19-6/7 9:15-10 AM \$98/\$113
59139 Sa 4/22-6/10 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center/Mustafa/Sarracino

Yoga – Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+
58319 Th 4/6-6/8 7:30-8:45 PM \$121/\$131
Rockville Sr. Ctr./Dodson

Yoga – Gentle/Moderate

This class is a good place to start if you are new to the practice. Gentle classes are accessible to almost everyone. Techniques involve breathing, gentle movements, easier and modified postures, body awareness, light stretching, strengthening and relaxation. This slower-paced class gradually builds to more challenging poses. Alignment and working at your own pace are encouraged.

Age: 16+
58320 W 4/5-6/7 7:30-8:25 PM \$105/\$115
Thomas Farm CC/England

Yoga – Hatha Intermediate

Enjoy a balanced practice with longer posture-holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+

58321 M 4/3-6/12 7:30-8:45 PM \$99/\$109
Thomas Farm CC/Neves

Yoga – In Our City

Let the sun shine on your salutations with this outside beginner yoga class. Studies have shown yoga helps to lower blood pressure, increase flexibility and relax your mind. All ages welcome. Bring a mat and water bottle. Call weather line to check the class status at 240-314-5023.

58735 Sa 4/15 9-10 AM Free
Rockville Town Square/Portis

Yoga Around Art

Join us for a beginner yoga class in the VisArts Center and connect with the beautiful surroundings. Studies have shown yoga helps to lower blood pressure, increase flexibility and relax your mind. Bring a mat and water bottle. Validation available for free two-hour parking.

Age: 16+

58729 Sa 5/20 9-10 AM Free
58730 Tu 4/25 12-1 PM Free
58731 Tu 5/23 12-1 PM Free
VisArts/Portis



Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

59145 M 4/17-6/5 9:15-10:15 AM \$89/\$105
59146 W 4/19-6/7 7-8 PM \$102/\$120
Rockville Swim and Fitness Center/Resendiz/Mustafa

Zumba – Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+

58324 Tu 4/18-5/23 7:30-8:25 PM \$59/\$65
58325 F 4/7-6/9 5:30-6:25 PM \$72/\$82
Thomas Farm CC/Graves/Ford

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin- and internationally inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+

59151 Th 4/20-6/8 7-7:45 PM \$56/\$65
59153 F 4/21-6/9 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Fasano/Johnson

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

Age: 16+

59157 W 4/19-6/7 12-12:45 PM \$64/\$75
59158 Sa 4/22-6/10 11:15 AM-12 PM \$56/\$65
Rockville Swim and Fitness Center/Fasano

What's Happening in Rockville?

Have a list of Rockville's weekly events delivered to your email, every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

**Sign up today and look to
the week ahead.**

www.rockvillemd.gov/thisweek

Worried about the weather?
Call the Rec Line at 240-314-5023.
Select #1 for class status.

Sports – Instructional

We recommend bringing a water bottle to all sports programs.

Fencing – Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

58502	Tu	4/18-6/6	7-8:20 PM	\$128/\$140
58503	Sa	4/22-6/17	2-3:20 PM	\$128/\$140

Rockville Fencing Academy/Staff

New! Cardio Tennis Stroke Clinic

Improve your tennis skills in this fun cardio class as you burn calories with fast-moving drills. Your racket control and consistency will be enhanced, along with your endurance, to help keep you focused on important points and elevate your game. Bring a racket and water bottle.

Age: 16+

58703	W	4/19-5/24	6-6:50 PM	\$69/\$79
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Mattie Stepanek Park/Asaka

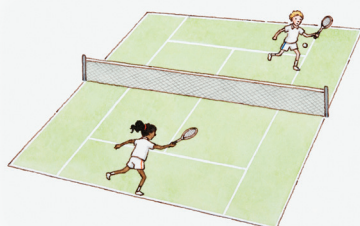
Tennis – Strategies for Winning

Improve your game and learn important tips to help you win critical points in a match. The instructor coaches you through various gameplay situations to help elevate your confidence and game. Open to 3.5 to 4.0 players. Instructor will review student's level of play to ensure all participants are of similar ability.

Age: 16+

58531	Sa	4/22-5/20	4-5:30 PM	\$89/\$99
58532	W	4/19-5/17	7-8:30 PM	\$89/\$99

Woodley Gardens Pk./Raaf



Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and gameplay situations. Ground strokes, serve, volley, overhead and strategies are covered, based on skill levels. Register for the appropriate level, but it may be changed at the discretion of instructor. Bring a tennis racket.

Age: 16+

Novice (2.0-2.5 NTRP Level)

58547	Sa	4/8-5/20	3-3:50 PM	\$75/\$85
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Mattie Stepanek Park/M. Yargici

Novice (2.0-2.5 NTRP Level)

58548	Tu	4/4-5/16	6-6:50 PM	\$75/\$85
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Dogwood Pk./M. Yargici

Beg/Nov Combo (2.0-3.0) – NTRP Level)

58549	M	4/24-6/5	6-6:50 PM	\$75/\$85
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Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

58550	Tu	4/4-5/16	7-7:50 PM	\$75/\$85
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Dogwood Pk./M. Yargici

Intermediate (3.0-3.5 NTRP Level)

58551	M	4/24-6/5	7-8:15 PM	\$89/\$99
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Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

58552	Sa	4/8-5/20	4-4:50 PM	\$75/\$85
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Mattie Stepanek Park/M. Yargici

New! Tennis Sweet Spots

Learn basic tennis skills and how to find the sweet spot on your racket to promote early success in the sport. Enjoy a workout as you learn or improve grip, racket preparation and strokes as you participate in a variety of drills and doubles play. Bring a racket and water bottle.

Age: 16+

59231	Tu	4/4-5/16	11-11:50 AM	\$69/\$79
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King Farm Park/Gough



Register Early!




Presented by




Montgomery County Road Runners Club

Saturday, June 24
from 7-9 p.m.

The great 5K course on neighborhood roads begins and ends in Town Center with a post-race party featuring a commemorative mug, music and the opportunity to sample some great beverages.

5K Registration Fees

- Adult \$35/\$40* Late (May 30-June 24)
- Youth (10-20) \$20/\$25* Late (May 30-June 24)
- Child (Under 10) \$15/\$20* Late (May 30-June 24)

KidZone Registration Fees

(Includes Kids Fun Run, children's activities and light refreshments)

- Ages 5-9: \$10
- Ages 4 and younger: Free, registration requested

Register at
www.rockvillemd.gov/sudsandsoles

SPRING ADULT TEAM LEAGUES

Men's Softball Co-Rec Volleyball
Men's Basketball Co-Rec Softball
Co-Rec Soccer 7's

League play begins:

April 7: Co-Rec Softball (Reverse)
April 10: Men's Softball
April 10: Men's Basketball
April 13: Co-Rec Volleyball (indoor)
April 13: Co-Rec Soccer 7's
May 16: Sand Co-Rec Volleyball

www.rockvillemd.gov/recreation/sports
240-314-8620

Officials needed!

Youth and Adult Sports Leagues

Weekday evenings and weekend games for the following leagues:

- Youth Soccer
- Youth Baseball
- Adult Softball
- Adult Basketball

Training in
February/
March



Rockville Sister City Corporation



Join Rockville Sister City in a Volksmarch to celebrate Rockville's 60-year Sister City relationship with Pinneberg, Germany

Saturday, April 22, 2017 - includes 5 km and 10 km trails

Walkers start any time between 8 a.m. and 11 a.m. and return to the start point no later than 2 p.m.

Start point is the parking lot of the Rockville Swim and Fitness Center, 355 Martins Lane, Rockville, MD 20850

Open to all ages

The walk is free; for those wishing IVV credit, the cost is \$3

For more information, contact Brigitta Mullican, coburg1@verizon.net or Carolyn Thurber, cbthurber@verizon.net or 301-926-0915.

www.rockvillesistercities.org; www.sugarloafers.org; www.ava.org

**Sign up for City of Rockville
Emergency Notifications**



**ALERT
Rockville**

rockvillemd.gov/alerts



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,
visit www.rockvillemd.gov/alerts**

Public Safety • Severe Weather • Traffic

Save the Date

Rockville Recreation and Parks Foundation

Golf Classic

Friday, May 12, 9 a.m. Shotgun

RedGate Golf Course

14500 Avery Road, Rockville MD

For registration and sponsorship
information, visit www.rpf.org



One of the main missions of the Foundation is to:

- Lead the fund raising effort to support the Rockville Recreation Fund that assists low-income residents with program and facility fees

Hit the Road Jack! and Go Cycling

Rockville Bicycle Advisory Committee

www.rockvillemd.gov/rbac

rockvillebikerides@gmail.com

www.meetup.com/bikerockville



Bike Month Kick-off Ride

Sunday, May 7 • 10 a.m.

Meet at City Hall

Tour de Cookie

Saturday, May 6 • 7 a.m.

www.tourdecookie.com



Bike to School Day

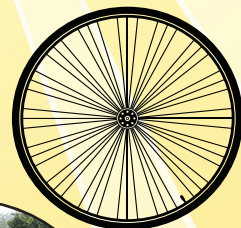
Wednesday, May 10

www.walkbiketoschool.org/ready/about-the-events/bike-to-school-day

11th Annual Rockville Ride of Silence

Wednesday, May 17 • 7 p.m.

www.rideofsilence.com



National Bike to Work Day

Friday, May 19 • 9 a.m.

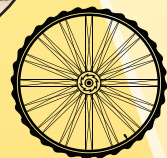
www.biketoworkmetrodc.org



RBAC at the Farmers Market with bike safety checks

Saturdays, May 13 to July 29 • 10 a.m.-noon

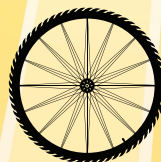
www.rockvillemd.gov/farmers



Tuesday Evening Rides

June 6 to Aug. 29 • 6:30 p.m.

www.facebook.com/bikerockville



Kidical Mass Family Ride

Saturday, June 10 • 10 a.m.

Meet at Safeway in King Farm Village Center



Carl Henn Millennium Trail Ride

Sunday, June 18 • 10 a.m.

Meet at Rockville Senior Center



Look for additional information in our

Adults 60+ *Recreation and Services Guide*

Pick up your copy today at the following locations:

Rockville Senior Center, all community centers, Croyden Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Library.

Rockville Senior Center 35th Anniversary Events

Dinner Celebration: April 4

Birthday Party: April 5

Movie Day: April 12

Wine and Cheese: April 18

Hero Walk: April 21

Mardi Gras Jazz Event: April 27

For more information and registration information call 240-314-8800
or visit www.rockvillemd.gov/seniorcenter

Senior Center Happenings:

SPRING YARD SALE

Sponsored by Rockville Seniors, Inc.

Saturday, May 6 • 8 a.m.-1 p.m.

Concessions | Household Items | Plant Sale
Gift and Thrift Shops Open
Spaces available - \$20 for Senior Center members, \$25 for non members, \$10 table fee. Call for a registration form.

240-314-8800

Rain date: May 13

ART RECEPTION

Thursday, May 18 • 6-8 p.m.

Senior Center Lounge
Featuring the work of Val Fry's
Senior Watercolor Classes

240-314-8820

HEALTH FAIR

Wednesday, May 24 11:00 a.m.-1:30 p.m.

Free health screenings, healthy snacks and more. Montgomery County and Rockville agencies along with vendors from various health facilities will be present.

INTERNATIONAL DAY

A Celebration of Cultures

Friday, June 9

10:30 a.m.-noon

Displays • Costumes • Tastings
Dance demonstrations.



See the new

Adults 60+

*Recreation and
Services Guide*

For a complete listing of all Spring programs and services.

ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800 • www.rockvillemd.gov/seniorcenter

REGISTRATION DATES

(M) – Member registration begins **Tuesday, March 7**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Dec. 1 for all other city programs.

(R) – Resident registration begins **Thursday, March 9** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville city limits.) Residents receive a discount on program fees.

(NR) – Nonresident/Nonmember registration begins **Thursday, March 9** for seniors age 60 and older who live outside the Rockville city limits and who are not members of the Senior Center. Nonresidents/nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER Hours

Monday-Friday, 8:30 a.m.–5 p.m.
Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/nonresident

Center Membership Fees

\$40/year – Rockville Residents
\$135/year – Nonresidents; \$65 spouse



Fitness Center Membership Fees

\$90/year. (Must be a Senior Center member)

PROGRAM ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.

Arts and Enrichment

New! Appraisal Roadshow

Bring your antiques and Peenstra Antiques Appraisals and NovaGold LLC offer free appraisals and advice. Who knows, you could have a real treasure on your hands. Register in advance by June 2 and list your one or two items. The first 25 registrants have their items evaluated and the audience gets to listen in! Bring paintings, toys, jewelry, silver, porcelain, coins, furniture and documents.

59162 M 6/12 1-2:30 PM Free/\$5/\$7
Glenview Mansion

Book Club

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current best sellers. Books are selected by the group at each session. A moderator presents topics for discussion.

58559 Th 4/6 & 5/4 10-11 AM Free/\$7
Board Room/Beck

New! Books That Changed America

Each session of this new course takes a brief look at a work that has contributed to America's rich and extraordinary literary heritage. Professor Joan Adams discusses books selected by the Library of Congress. This program intends to ignite conversation about American authors and their works.

Adventures of Huckleberry Finn

Twain's masterpiece is still a matter of controversy in the U.S. What about this work has made it last so long, yet still instills such strong feelings, culturally and politically?

58768 M 5/15 10:15-11:15 AM \$6/\$9/\$11
Card Room

Bridge – Beginner Plus

Fun and instructive class for those who have taken a beginner class within the last year or want to improve their game. Classes start with a lesson and finish with supervised play, while building on further development of the 2 over 1 bidding system. No class April 11.

58952 Tu 3/21-5/9 1-3 PM \$85/\$93/\$115
Card Room

Carnation Players

Calling all characters! If you can sing, dance, play an instrument or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. Group performs for center events and in the community. In June, the Players perform on stage at the F. Scott Fitzgerald Theatre.

58750 Tu 3/21-5/23 3-4 PM Free/\$7
Carnation Room/Beck

Citizenship Class

If you have been a U.S. resident for four years and nine months and want to become a citizen, sign up. Offers instruction in English, and communication, and preparation for the U.S. Citizen and Immigration Services naturalization interview. Priority is given to seniors and members of the Rockville Senior Center. Starts April 3.

58704 M & W 4/3-6/12 12:30-2 PM \$20/\$22/\$27
Azalea Room

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on April 3, 4, 5, from 9:30-10:30 a.m. A \$10 book fee may be required at the first class.

English 1- Beginner

58705 M & W 4/3-6/7 10 AM-12 PM \$20/\$22/\$27
Arts and Crafts Room

English 2- High Beginner

58706 Tu & Th 4/4-6/8 10 AM-12 PM \$20/\$22/\$27

English 3- Intermediate

58707 Tu & Th 4/4-6/8 10 AM-12 PM \$20/\$22/\$27
Card Room

English 4- Advanced

58708 M & W 4/3-6/7 10 AM-12 PM \$20/\$22/\$27
Azalea Room

English Conversation Classes

Speak more confidently about everyday topics.

58710 Tu 4/11-6/6 1-2:30 PM \$14/\$16/\$18
Arts and Crafts Room

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Does not apply to workshops. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

New! Exploring Laughter through Theatre

Let's explore this fun new class together. Stephanie Phelan leads us in celebration of the healing benefits of laughter through script study and theater games with a good dose of laughter and animated conversation. Go home smiling.

58953 Tu 4/25-5/30 1:45-2:45 PM \$15/\$20/\$25
Carnation Room

New! Fashion Show with Taylor Marie

Join us in the Carnation Room for our own "Project Runway" — without all the drama and sewing disasters. Taylor Marie brings the shopping to us, with the latest spring fashions in sizes and creative accessories for all. Sit back and relax while our own Senior Center models wow you with designer clothing at below-retail prices. Light refreshments are served.

57766 Th 3/30 1-2:30 PM \$5/\$7/\$10
Carnation Room

New! FunDrum Circle

Come celebrate community, reconnect with your inner rhythm and have tons of fun playing together in a supercharged drum circle. Led by Jonathan Murray of FunDrum Rhythm Circles. Drumming together in a group is a fun, engaging activity that promotes well-being and positive social interaction. No experience necessary.

58733 W 5/31 1-2 PM \$7/\$10/\$14
Carnation Room

New! Gourmands On The Move

The gourmands are on the move, this time to Frederick. We dine at Gladchuk Brothers Restaurant, selecting from the freshest seasonal menu available. The chefs bake daily and all meals are prepared to order with homemade soups, sauces and desserts. Drinks and dinner are on your own. Trip includes charter bus transportation.

59185 Th 6/8 4-8 PM \$28/\$35/\$40
Departs Glenview Mansion

New! Hand-Painted Vase

Enjoy springtime at its best with a relaxing, fun class taught by Cathy Pasquarello, who guides you through the simple process of painting on a glass vase. All materials, supplies and instruction are included and you have a beautiful piece of artwork when you're finished.

58619 M 5/1 10:30 AM-12:30 PM \$12/\$15/\$19
Twinbrook CRC

Benefits of the Senior Center Membership include:

Discounts on Senior Programs

Discounts on Rentals

Eligibility to join the
Fitness Center

Early Class Registration

Discount in the Adult section of
the Recreation Guide

Free DVD rentals at the Center

Monthly Newsletter Mailed

Investment Education Class

Join us in an interactive four-week investment education class hosted by financial advisor Mark Corbett from Edward Jones. Topics include how to develop a sound investing strategy, how to identify and avoid the most common investment mistakes; stock basics, including types, characteristics, investing and creating reliable income streams, mutual fund basics, features, benefits, risks and types; tax-free investing strategies; and understanding managed investment accounts. All materials provided at no cost.

58742 Tu 5/2-5/23 1-3 PM Free
Azalea Room

New! Kimono Beyond Fashion

Kimono is an attire of harmony. Discuss and be introduced to the timeline of kimono, from the historical to modern day. Go beyond just fashion to learn about the kimono's styles, ranks, motif designs, materials and, most importantly, spirituality. Learn what the kimono harmonizes with and about its positive influence on Japanese people and culture.

58106 F 4/21 1:30-2:30 PM \$8/\$11/\$13
Azalea Room

New! Let's Go On Safari

A comparison of three different styles for visiting Southern Africa on safari. The presenter compares and contrasts from personal experience three types of tours in Southern Africa; South Africa, Namibia and Botswana. Tour components, such as mode of transportation, food, cultural activities, history and, of course, game drives for viewing animals, are compared.

58734 Tu 4/25 10:30-11:30 AM Free/\$5/\$7
Azalea Room



New! Movers and Shakers

Join college professor Joan Adams as she introduces a new program. Each session focuses on the life and times of Americans who have made life in the U.S. better, easier, safer and more enjoyable.

April Fools – Comedians Part 1

The life and times of comedians Red Skelton and Lucille Ball are spotlighted in this lighthearted look at the folks who make us laugh.

58686 M 4/10 10:15-11:15 AM \$6/\$9/\$11

April Fools – Comedians Part 2

The next installment includes comedians Jack Benny and married couple George Burns and Gracie Allen. These iconic comedians helped entertain American families with their wit and wisdom.

58732 M 4/24 10:15-11:15 AM \$6/\$9/\$11

Founding Mothers

On the road to revolution with these founding Mothers. Eliza Lucas Pinckney: Did she have too much brain power for her own good? Esther Edwards Burr: Daughter of a preacher but keeper of a journal. What did she leave her famous son? Deborah Read Franklin: She met Ben when she was 15 and he 17. What happened when she married John Rogers and not Ben?

58767 M 5/1 10:15-11:15 AM \$6/\$9/\$11
Card Room

Music Enrichment with Irv

Irv Chamberlain is head-over-heels in love with music. He has shared this ardor in lectures on all aspects of great American music. His presentations examine vocalists and solo instrumentalists, as well as major American composers. He plays selections of their works and incorporates the ups and downs of their lives and careers.

New! American Piano Classics

Lush romantic ballads, swinging jump tunes and all played by the originators of jazz piano over the decades. Explore the talents of Basie, Ellington, Brubeck, Garner, and many others. They found the hidden facets of melodies and spontaneously created masterworks.

58682 W 3/15 1-2:30 PM \$6/\$9/\$11
Card Room

New! New York – Songs of the City

Irv Chamberlain brings the exciting music of this magical city to life in this three-part program. Wistful, nostalgic, romantic, humorous, sophisticated — all sides of this captivating metropolis are covered with songs by Sinatra, Torme, Astaire, Ellington, Goodman, and many more.

58774 W 4/12, 5/10, 6/14 1-2:30 PM \$18/\$23/\$29
Card Room

New! Painted Fruit Bowl

Apples, oranges, and pears ... oh my! Join Cathy Pasquarello for this fun painting-on-glass class. From beginners to experienced artists, this class is for you! All supplies and instruction are included, along with examples to get your creative juices flowing.

58618 Tu 3/28 10:30 AM-12:30 PM \$12/\$15/\$19
Arts and Crafts Room

Piecemakers' Club

Join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project. No class May 29.

58620 M 4/3-6/5 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room/Broad

New! Police Academy

Join us for this important program highlighting safety and education for our 60-plus population. Classes cover code enforcement, K-9, and forensic science, to name a few. The last session tour the Rockville Police Station. Program facilitated by Cpl. Ken Matney.

58092 W 3/22-4/26 10:30 AM-12 PM Free/\$7
Azalea Room

New! Religions of the World

The role religion plays in culture, society and politics has become more intense in the last two decades. A four-part introductory series begins a brief look at Buddhism, Hinduism, Islam and Judaism. This course is a springboard to discussion on the major precepts and beliefs of each religion. See how they may have impacted us as individuals and a society. Class taught by college professor Marvin Adams.

58776 W 4/26-6/7 1:30-2:30 PM \$24/\$30/\$35
Blossom Room

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focuses on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center.

Naturally Science

Chris Helmuth has six years experience teaching Hands On Science. Chris, an artist, uses natural material to explain how interactive early play leads to innovation in science.

58712 Tu 4/11 1-2 PM Free

Building Green

Nancy DeLalio, with American Institutes of Architects, discusses environmentally inspiring buildings, including green roofs and solar glass use.

58713 Tu 5/9 1-2 PM Free

Rock On!

Phil Justus, Ph.D., delights you with his selection of rocks and minerals. Bring specimens and Justus will help identify them.

58714 Tu 6/13 1-2 PM Free
Board Room

New! She Is Music

"She Is Music: A Thousand Years of Vocal Music by Women Composers," presented by Kay Krekow of the American Center for Puccini Studies. Kay presents both songs and accompanying commentary about the unique circumstances that enabled these women to practice their craft.

58685 W 5/17 10:30 AM-12 PM \$6/\$9/\$11
Azalea Room

New! Spies of the Revolutionary War

Professor McDermott's latest research is on spies of the Revolutionary War. What techniques did these clever men and women use during that time? This PowerPoint presentation opens up new insights into espionage at the beginning of our nation.

58681 W 3/29 1-2 PM \$6/\$9/\$11
Azalea Room

"I enjoy volunteering at the Senior Center because I meet new and interesting people."

-D. Mathieson

Ukulele

Have a blast learning authentic Hawaiian ukulele! Topics include chords and strumming, ukulele techniques and songs. This class is for multiple skill levels. Due to individual instruction, all levels can be accommodated. Ukulele rentals are available through The School of Music for \$30 per semester. Call 240-314-8820 to arrange for your ukulele.

58753 W 3/29-5/10 1:30-2:20 PM \$85/\$107/\$134
Board Room

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Fry's wealth of experience in the medium means her classes fill quickly.

Beginner

This class introduces the basics of color, brush handling, composition and technique. The class emphasizes creative expression and developing your unique style. Register by April 4. Supply list available at Senior Center Information Desk.

58093 Tu 4/18-5/30 10 AM-12 PM \$86/\$107/\$134

Intermediate

For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

58094 Tu 4/18-5/30 1-3 PM \$86/\$107/\$134

58095 Th 4/20-6/1 1-3 PM \$86/\$107/\$134
Blossom Room/Fry

Advanced

For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your unique style.

58096 Th 4/20-6/1 10 AM-12 PM \$86/\$107/\$134
Card Room/Fry

New! Watercolor Landscapes

Use different textural tools and watercolor pencils as you work on landscapes. This class encourages participants to think more creatively and add interest to their paintings. Bring your watercolor supplies. The instructor provides textural tools.

58401 Tu & Th 3/21-3/23 1-3 PM \$26/\$33/\$41
Blossom Room/Fry

"Rockville Senior Center is the best thing that has happened to me since moving to Rockville."

-Phyllis Weinberg

New! What a Gem

Create your own unique pair of earrings in this beginner jewelry-making class. Select semi-precious stones and beads from around the world. The instructor has the tools and supplies to make your project. Hand-crafted earrings make a lovely birthday gift, or keep them yourself. A supply fee of \$15 is due to the instructor at class.

58617 M 4/3 10:30 AM-12:30 PM \$10/\$13/\$16
Elwood Smith RC

New! What are Gesneriads?

Do you recognize these names: Streptocarpus, Nematanthus, Primulina, Episcia? These colorful names are the fascinating cousins of the humble African violet. There are over 3,400 species of Gesneriads, flowers that look like goldfish, orchids and lipstick, and are adorned with strangely patterned leaves in many colors, sizes and shapes. Michael Salapka describes the interesting world of Gesneriads.

58775 Th 4/13 1-2:30 PM \$6/\$9/\$11
Board Room

Wine and Cheese Open House

The 35th anniversary celebration continues with an evening to meet new friends and the staff at the Senior Center. Bus transportation is available for Rockville residents by calling 240-314-8810 by April 14.

59168 Tu 4/18 5-6:30 PM Free
Carnation Room

Senior Citizens Commission

The Commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Rockville Seniors, Inc. (RSI)

A 501c3 established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities.

For more information, visit: www.rockvillemd.gov/boardsandcommissions

Trips

TRIP REGISTRATION

In-Person Lottery

Thursday, March 9, 10:30 a.m.

Senior Center members and residents

Numbers distributed random order, 10:15 a.m.

Friday, March 10

Nonresidents and nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



New! Ragtime at Fords Theatre

Based on E.L. Doctorow's celebrated novel, this epic Tony Award winning musical depicts three families striving for the American dream at the turn of the 20th century. The lives of a wealthy white family, a daring Harlem musician and a determined Jewish immigrant intersect and their fates are bound. Lunch at Tony and Joe's in Georgetown and a drive by the cherry blossoms are planned. Trip includes charter bus transportation, lunch, leadership and show.

58748 F 4/7 10 AM-6 PM \$98/\$123/\$142
Departs: Glenview Mansion

New! Great Escape

Escape by traveling on the Senior Center bus, with our first stop at Normandy Farm Restaurant, where you can purchase breakfast on your own. Then we're off to the C & O Canal at Great Falls Park to ride the canal boat and learn about life and travel in the 1870s. Hike the short distance to the Falls Overlook and enjoy the majesty of Mother Nature. Trip includes Senior Center bus transportation, park fee, leadership and boat ride.

59077 F 4/28 9 AM-1:30 PM \$26/\$33/\$38
Departs: Rockville Sr. Ctr.



New! Washington Nationals Baseball

After another successful baseball season, the Nats expect 2017 to be a great year, so come along and root for the home team. We have beautiful club-level seats for an upcoming game. We don't have the date and opponent yet, but we will by trip registration. Note: Food and beverages are on your own. Trip includes: charter bus transportation, leadership and tickets.

58747 Th 5/11 11 AM-5:30 PM \$85/\$106/\$122
Departs: Glenview Mansion

New! Rails and Sails

We are Baltimore bound with our first stop at the B & O Railroad Museum for a docent-led tour, followed by a short train ride. Then off to Bubba Gumps for lunch before boarding The Annapolitan II for a narrated cruise around Baltimore harbor. Trip includes charter bus transportation, tour, lunch, leadership and boat ride.

58777 Th 6/1 9 AM-4 PM \$99/\$124/\$143
Departs: Glenview Mansion

New! The Drowsy Chaperone

Travel to the Pennsylvania countryside. The first stop is Hickory Bridge Farm for a delicious family-style lunch, featuring oven-fried chicken and baked ham with all the trimmings. Then we're off to the Totem Pole Playhouse to see the five-time Tony Award-winning musical, "The Drowsy Chaperone." The show has one show-stopping song and dance number after another that's sure to have you dancing in your seat. Trip includes lunch, charter bus transportation, leadership and show.

58751 Tu 6/20 10 AM-7 PM \$89/\$110/\$126
Departs: Glenview Mansion

Senior Center Membership Fees

\$40/year - Rockville Residents

\$135/year - Nonresidents; \$65 spouse

Senior Fitness Center Membership Fees

\$90/year (Must be a Senior Center member)

Senior Fitness Center Hours

Mon.-Thurs. 7 a.m.-8 p.m. Fri. 7 a.m.-7 p.m. Sat. 7 a.m.-4 p.m.

Technology

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email ahickman@rockvillemd.gov. (B) = Beginner; (I) = Intermediate; (IP) = Intermediate Photography.

(B) New to Computers?

Class familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experience required.

59019	W	3/1	10 AM-12 PM	\$5/\$7/\$9
59020	W	4/5	10 AM-12 PM	\$5/\$7/\$9
59021	W	5/3	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

Fitness

We recommend bringing a water bottle to all fitness programs.

New! Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. A basic belly dance practice can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength.

59233	F	4/14-6/9	2:30-3:30 PM	\$37/\$46/\$55
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Exercise Room/Ford

New! Caribbean Dance Fiesta

Join us and dance the afternoon away with salsa, cha,cha,cha and other Caribbean dances. Enjoy live music while you move around the dance floor. Basic instructions given. No experience necessary.

58980	F	5/5	1-2:30 PM	\$5/\$7/\$10
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Twinbrook CRC Gym

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-rehab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor.

58654	M-F	4/10-7/28	8 AM-6:30 PM	\$299/\$349/\$375
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Fitness Room

Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist.

58653	M-F	4/10-7/28	8 AM-6:30 PM	\$299/\$349/\$375
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Fitness Room

New! Shake Shimmy and Roll

Treat yourself to an afternoon of fun and fitness. Join us while we shake, shimmy and roll using Zumba, belly dance and Caribbean music and movements. Light refreshments provided.

58979	Tu	3/28	1:30-3 PM	\$7/\$9/\$12
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Carnation Room/Klopper

Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Class is for most fitness levels. Bring a yoga sticky mat. No class May 29.

58674	M	4/10-6/12	1-1:45 PM	\$30/\$37/\$43
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Exercise Room/Serrano-Gonzalez

Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm up and ends with a relaxation period. Please bring a yoga sticky mat. No class May 29.

58676	M	4/10-6/12	6:15-7:15 PM	\$40/\$50/\$60
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Exercise Room/Mustafa

58675	Tu & Th	4/11-6/8	1-2 PM	\$70/\$88/\$105
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Exercise Room Side 1/Mustafa

New! Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. No class May 29.

58679	M	4/10-6/12	5-6 PM	\$35/\$44/\$53
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Exercise Room/Ford

58680	Th	4/13-6/8	11-11:45 AM	\$33/\$41/\$48
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Lincoln Park CC/Ford

60-Plus Support Resources

Aging in Place

Certified Senior Advisor Steve Lorberbaum and Rockville Village Facilitator Trish Evans speak about aging in place. They discuss the village concept and cover the following topics: home safety, fall prevention, safety checklist, support networks and more.

59196 W 4/19 1-3 PM Free
Blossom Room

Spring has Sprung: Energy Tips for Warmer Weather

Is your home as energy efficient as it can be? A DEP residential energy program manager walks you through the components of the quick home energy checkup and helps you save energy and money in your home this season.

59229 Th 4/20 1-3 PM Free
Arts and Crafts Room

60-Plus Wellness

Effective Communication with your Health-Care Provider

Effective communication between a health-care provider and patient is key to better patient satisfaction, treatment compliance and health concerns. Adventist HealthCare, Community Health Education Coordinator Bozena Skraban discusses strategies and tips that help you communicate clearly and more effectively.

59078 Tu 6/6 1-2:30 PM Free
Arts and Crafts Room

Memory Cafe and Care Partner Support Group

Connect and share with others who understand the experience of having a loved one with a dementia-related illness. You are not alone on this journey. Meets weekly on Tuesday evenings.

58711 Tu 4/4-5/30 6-7 PM Free
Azalea Room



Rockville Senior Center

FITNESS CENTER

It's the best time to be 60+ in Rockville!

7 a.m.-8 p.m., Monday-Thursday

7 a.m.-7 p.m., Friday

7 a.m.-4 p.m., Saturday

Fitness Center Membership Fees

\$90/year

(Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

Sports – Leagues

We recommend bringing a water bottle to all league practices and games.

Duffers Club

It's time to begin the 2017 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both nine- and 18-hole play are available. Please join us for our annual Duffers organizational meeting at 10 a.m., March 22, at the Rockville Senior Center.

59218 M 4/24-8/28 7:30 AM-1 PM \$6/\$7/\$9
Reamy

ROGue Tennis

Try this new tennis program and stay warm inside! ROGue Tennis is played with a foam ball on a smaller court, so play is easy and fun. Our special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided. No class May 29.

58658 M 4/24-6/19 3:30-4:45 PM \$15/\$18/\$22
Exercise Room

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
240-314-8750



The swim center has two indoor and two outdoor pools, an outside interactive “sprayground,” a 150-foot waterslide, dry saunas, whirlpool, fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

No Classes Memorial Day Weekend
May 27-29

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Members

Thursday, Feb. 23, 8:30 a.m.

Swim Center Nonmembers

Friday, Feb. 24, 8:30 a.m.

Registration Deadline One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:

Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:

Swimming Lessons
240-314-8759

Check Out Our Fitness Room

Featuring:

- 2 – Rowing Machines
- 5 – Treadmills
- 4 – Elliptical Machines
- 2 – Recumbent Bikes
- 2 – Step/Climber Machines
- 13 pieces – Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)



240-314-8750

www.rockvillemd.gov/swimcenter

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on doctor's letterhead or a prescription pad.) The city does not provide a form for this purpose. Note: non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the center.

Bubblers I

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class.

Age: 6-18 mo

58813	Tu	4/18-6/6	9-9:30 AM	\$71/\$89
58814	Sa	4/22-6/10	10:50-11:20 AM	\$62/\$78
58815	Su	4/23-6/11	10:15-10:45 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming, such as submerging, floating, kicking and arm-stroking. This is an adult/child class.

Age: 18-36 mo

58816	M	4/17-6/5	2-2:30 PM	\$62/\$78
58817	Th	4/20-6/8	9-9:30 AM	\$71/\$89
58818	Sa	4/22-6/10	10:15-10:45 AM	\$62/\$78
58819	Su	4/23-6/11	8-8:30 AM	\$62/\$78
58820	Su	4/23-6/11	9:40-10:10 AM	\$62/\$78
58821	Sa	4/22-6/10	8:30-9 AM	\$62/\$78
58822	Su	4/23-6/11	11:25-11:55 AM	\$62/\$78

Bobbers I

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and arm-stroking. This is an adult/child class.

Age: 3-5

58804	W	4/19-6/7	2-2:30 PM	\$71/\$89
58805	Th	4/20-6/8	9:30-10 AM	\$71/\$89
58806	Sa	4/22-6/10	11:25-11:55 AM	\$62/\$78
58807	Sa	4/22-6/10	9:05-9:35 AM	\$62/\$78
58808	Su	4/23-6/11	9:05-9:35 AM	\$62/\$78
58809	Su	4/23-6/11	10:50-11:20 AM	\$62/\$78

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class.

Age: 3-5

58810	Tu	4/18-6/6	9:30-10 AM	\$71/\$89
58811	Sa	4/22-6/10	9:40-10:10 AM	\$62/\$78
58812	Su	4/23-6/11	8:30-9 AM	\$62/\$78

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Fearful Floaters

This class is intended for children who are reluctant to take part in a Floaters I class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6

58836	M	4/17-6/5	4:10-4:40 PM	\$67/\$84
58837	W	4/19-6/7	3:35-4:05 PM	\$77/\$96
59236	Sa	4/22-6/10	10:30-11:10 AM	\$67/\$84



Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Floaters 1

This class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6

58841	M	4/17-6/5	3:35-4:05 PM	\$67/\$84
58842	M	4/17-6/5	4:45-5:15 PM	\$67/\$84
58843	Tu	4/18-6/6	4:35-5:05 PM	\$77/\$96
58844	Tu	4/18-6/6	5:10-5:40 PM	\$77/\$96
58845	Tu	4/18-6/6	5:45-6:15 PM	\$77/\$96
58846	W	4/19-6/7	4:10-4:40 PM	\$77/\$96
58847	Th	4/20-6/8	5:45-6:15 PM	\$77/\$96
58848	F	4/21-6/9	3:35-4:05 PM	\$77/\$96
58849	F	4/21-6/9	4:45-5:15 PM	\$77/\$96
58850	Sa	4/22-6/10	9-9:40 AM	\$67/\$84
58851	Sa	4/22-6/10	9:45-10:25 AM	\$67/\$84
58852	Sa	4/22-6/10	10:30-11:10 AM	\$67/\$84
58853	Sa	4/22-6/10	11:15-11:55 AM	\$67/\$84
58854	Su	4/23-6/11	9-9:40 AM	\$67/\$84
58855	Su	4/23-6/11	9:45-10:25 AM	\$67/\$84
58856	Su	4/23-6/11	10:30-11:10 AM	\$67/\$84
58857	Su	4/23-6/11	11:15-11:55 AM	\$67/\$84
58858	Su	4/23-6/11	12-12:40 PM	\$67/\$84

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back should take this class. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

58859	M	4/17-6/5	3:35-4:05 PM	\$67/\$84
58860	Tu	4/18-6/6	5:10-5:40 PM	\$77/\$96
58861	W	4/19-6/7	3:35-4:05 PM	\$77/\$96
58862	Th	4/20-6/8	5:10-5:40 PM	\$77/\$96
58863	Th	4/20-6/8	4:35-5:05 PM	\$77/\$96
58864	F	4/21-6/9	3:35-4:05 PM	\$77/\$96
58865	Sa	4/22-6/10	9:45-10:25 AM	\$67/\$84
58866	Sa	4/22-6/10	11:15-11:55 AM	\$67/\$84
58867	Su	4/23-6/11	9-9:40 AM	\$67/\$84
58868	Sa	4/22-6/10	9-9:40 AM	\$67/\$84
58869	Su	4/23-6/11	9:45-10:25 AM	\$67/\$84
58870	Su	4/23-6/11	11:15-11:55 AM	\$67/\$84

Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7

58885	W	4/19-6/7	4:10-4:40 PM	\$77/\$96
58886	Th	4/20-6/8	5:10-5:40 PM	\$77/\$96
58887	F	4/21-6/9	4:10-4:40 PM	\$77/\$96
58888	Sa	4/22-6/10	9:45-10:25 AM	\$67/\$84
58889	Su	4/23-6/11	9-9:40 AM	\$67/\$84
58890	Su	4/23-6/11	11:15-11:55 AM	\$67/\$84

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and who are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7

58891	Tu	4/18-6/6	5:45-6:15 PM	\$77/\$96
58892	W	4/19-6/7	4:45-5:15 PM	\$77/\$96
58893	Th	4/20-6/8	4:35-5:05 PM	\$77/\$96
58894	Sa	4/22-6/10	9-9:40 AM	\$67/\$84
58895	Su	4/23-6/11	9:45-10:25 AM	\$67/\$84
58896	Su	4/23-6/11	10:30-11:10 AM	\$67/\$84

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7

58897	F	4/21-6/9	4:45-5:15 PM	\$77/\$96
58898	Su	4/23-6/11	10:30-11:10 AM	\$67/\$84
59237	Sa	4/22-6/10	9:45-10:25 AM	\$67/\$84



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Mini Swim Team Prep

This class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokes 3 is required to enroll in this class.

Age: 5-7

58876	Th	4/20-6/8	5:45-6:15 PM	\$77/\$96
58877	M	4/17-6/5	4:45-5:15 PM	\$67/\$84
58878	Sa	4/22-6/10	10:30-11:10 AM	\$67/\$84

Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+

58917	W	4/19-6/7	4:45-5:15 PM	\$71/\$88
58918	F	4/21-6/9	4:10-4:40 PM	\$71/\$88
58919	Sa	4/22-6/10	9:45-10:25 AM	\$62/\$77
58920	Sa	4/22-6/10	10:30-11:10 AM	\$62/\$77
58921	Su	4/23-6/11	10:30-11:10 AM	\$62/\$77
58922	Su	4/23-6/11	12-12:40 PM	\$62/\$77

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7+

58923	Tu	4/18-6/6	4:35-5:05 PM	\$71/\$88
58924	Sa	4/22-6/10	9-9:40 AM	\$62/\$77
58925	M	4/17-6/5	4:10-4:40 PM	\$62/\$77
58926	Sa	4/22-6/10	11:15-11:55 AM	\$62/\$77
58927	Su	4/23-6/11	9-9:40 AM	\$62/\$77
58928	Su	4/23-6/11	12-12:40 PM	\$62/\$77

Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+

58929	Sa	4/22-6/10	10:30-11:10 AM	\$62/\$77
58930	Sa	4/22-6/10	11:15-11:55 AM	\$62/\$77
58931	Su	4/23-6/11	9:45-10:25 AM	\$62/\$77
58932	Su	4/23-6/11	10:30-11:10 AM	\$62/\$77
58933	Su	4/23-6/11	12-12:40 PM	\$62/\$77

Youth 4

Children who are comfortable in deep water and who can swim a coordinated front-crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7+

58934	Sa	4/22-6/10	10:30-11:10 AM	\$62/\$77
58935	Sa	4/22-6/10	11:15-11:55 AM	\$62/\$77
58936	Su	4/23-6/11	9-9:40 AM	\$62/\$77
58937	Su	4/23-6/11	9:45-10:25 AM	\$62/\$77
58938	Su	4/23-6/11	11:15-11:55 AM	\$62/\$77
58939	Su	4/23-6/11	12-12:40 PM	\$62/\$77

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7+

58940	Sa	4/22-6/10	9-9:40 AM	\$62/\$77
58941	Sa	4/22-6/10	11:15-11:55 AM	\$62/\$77
58942	Su	4/23-6/11	9-9:40 AM	\$62/\$77
58943	Su	4/23-6/11	9:45-10:25 AM	\$62/\$77
58944	Su	4/23-6/11	11:15-11:55 AM	\$62/\$77

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+

58945	Sa	4/22-6/10	9:45-10:25 AM	\$62/\$77
58946	Su	4/23-6/11	9:45-10:25 AM	\$62/\$77
58947	Su	4/23-6/11	10:30-11:10 AM	\$62/\$77
59239	Sa	4/22-6/10	9-9:40 AM	\$62/\$77

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7+

58948	Sa	4/22-6/10	10:30-11:10 AM	\$62/\$77
58949	Su	4/23-6/11	9-9:40 AM	\$62/\$77
58950	Su	4/23-6/11	11:15-11:55 AM	\$62/\$77
58951	Su	4/23-6/11	12-12:40 PM	\$62/\$77

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-17

58903	Su	4/23-6/11	12-12:45 PM	\$62/\$77
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Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Youth 6 and 7.

Age: 7+

58904	Sa	4/22-6/10	9-9:40 AM	\$62/\$77
58905	Sa	4/22-6/10	9:45-10:25 AM	\$62/\$77
58906	Su	4/23-6/11	10:30-11:10 AM	\$62/\$77
58907	Su	4/23-6/11	11:15-11:55 AM	\$62/\$77
59238	Sa	4/22-6/10	11:15-11:55 AM	\$62/\$77

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+

58779	W	4/19-6/7	8:35-9:20 PM	\$71/\$88
58780	Tu	4/18-6/6	8:30-9:15 PM	\$71/\$88

Adult Beginner 2

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+

58781	W	4/19-6/7	8:35-9:20 PM	\$71/\$88
58782	Th	4/20-6/8	8:30-9:15 PM	\$71/\$88

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2.

Age: 14+

58783	Tu	4/18-6/6	8:30-9:15 PM	\$71/\$88
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Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for "Adult Stroke Correction." Prerequisite: Adult Beginner 3.

Age: 14+

58784	Th	4/20-6/8	8:30-9:15 PM	\$71/\$88
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Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Adult Stroke Correction

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for "Adult Stroke Correction." Prerequisite: Adult Beginner 3.

Age: 14+

58785	Tu	4/18-6/6	11:10-11:55 AM	\$71/\$88
58786	Th	4/20-6/8	11:10-11:55 AM	\$71/\$88

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep-water exercise class. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment are provided.

Age: 18+

58787	Tu	4/18-6/6	6:35-7:20 AM	\$37/\$45
58955	Th	4/20-6/8	6:35-7:20 AM	\$37/\$45

Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size or fitness level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+

58788	M	4/17-6/5	10:15-11 AM	\$33/\$40
58789	W	4/19-6/7	10:15-11 AM	\$37/\$45
58790	F	4/21-6/9	10:15-11 AM	\$37/\$45

EMAIL NEWSLETTER SIGN UP

The Rockville Swim and Fitness Center has an email newsletter for those who would like to be alerted to schedule changes, registration dates, program offerings, and other important information by email.

To add your name to the list, simply go to www.rockvillemd.gov/swimcenter, click the **NOTIFY ME** button, enter your email and click the envelope symbol next to Swim Center.

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are provided.

Age: 16+

58791	M	4/17-6/5	8:30-9:15 AM	\$33/\$40
58792	W	4/19-6/7	8:30-9:15 AM	\$37/\$45
58793	Tu	4/18-6/6	8:30-9:15 AM	\$37/\$45
58794	Th	4/20-6/8	8:30-9:15 AM	\$37/\$45
58795	M	4/17-6/5	9:15-10 AM	\$33/\$40
58796	Tu	4/18-6/6	9:15-10 AM	\$37/\$45
58797	Th	4/20-6/8	9:15-10 AM	\$37/\$45
59163	W	4/19-6/7	9:15-10 AM	\$37/\$45
59242	W	5/17-6/14	7-8 PM	\$26/\$31

Aqua Hiit

High-intensity interval training (Hiit) alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are increased metabolism, fat burning, weight loss and improved cardio-respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

Age: 16+

59161	F	4/21-6/9	8:30-9:15 AM	\$37/\$45
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Aqua Zumba

This high-energy, low-impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+

58800	Th	4/20-6/8	10:15-11 AM	\$37/\$45
58801	F	4/21-6/9	9:15-10 AM	\$37/\$45
58802	Tu	4/18-6/6	10:15-11 AM	\$37/\$45

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 18+

58829	Tu	4/18-6/6	10:10-10:55 AM	\$37/\$45
58830	Th	4/20-6/8	10:10-10:55 AM	\$37/\$45

Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+

58831	M	4/17-6/5	9:15-10 AM	\$33/\$40+
58832	W	4/19-6/7	9:15-10 AM	\$37/\$45
58833	F	4/21-6/9	9:15-10 AM	\$37/\$45
58834	Tu	4/18-6/6	7:40-8:25 PM	\$37/\$45
58835	Th	4/20-6/8	7:40-8:25 PM	\$37/\$45

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 16+

58871	M	4/17-6/5	9:20-10:05 AM	\$33/\$40
58872	W	4/19-6/7	9:20-10:05 AM	\$37/\$45
58873	F	4/21-6/9	9:20-10:05 AM	\$37/\$45
58874	Tu	4/18-6/6	7:40-8:25 PM	\$37/\$45
58875	Th	4/20-6/8	7:40-8:25 PM	\$37/\$45

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group are not required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. Choose to attend once, twice or three times a week.

Age: 18+

58879	M & W & F	4/17-6/9	6:30-7:30 AM	\$104/\$126
58880	W & F	4/19-6/9	6:30-7:30 AM	\$85/\$105
58881	F	4/21-6/9	6:30-7:30 AM	\$53/\$64

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+

58899	Tu	4/18-6/6	11:10-11:55 AM	\$40/\$49
58900	Tu	4/18-6/6	9:15-10 PM	\$40/\$49
58901	Th	4/20-6/8	11:10-11:55 AM	\$40/\$49
58902	Th	4/20-6/8	9:15-10 PM	\$40/\$49

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

All Ages

58908	Su	4/23-6/11	7-8:30 PM	\$80/\$90
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Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+

58914	Su	4/23-6/11	8:05-8:55 AM	\$62/\$70
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Senior Swim

Note: Senior residents pay the member fee.

60-Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+

58778	Tu & Th	4/18-6/8	2:05-2:50 PM	\$36/\$36/\$45
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Senior Aquacize – Advanced

This course is similar to "Beginner Senior Aquacize," only faster paced. (Meets outside during the summer session.)

Age: 60+

58882	M & W & F	4/17-6/9	11:05-11:50 AM	\$52/\$52/\$65
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Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+

58883 M & W & F 4/17-6/9 10:10-10:55 AM \$52/\$52/\$65

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+

58884 M & W 4/17-6/7 2:35-3:20 PM \$34/\$34/\$42

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+

58803 Tu & Th 4/18-6/8 10:10-10:55 AM \$84/\$106

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 14+

58916 M & W 4/17-6/7 9:15-10:15 AM \$79/\$99

Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.

CPR/AED for the Professional Rescuer

The purpose of this American Red Cross course is to teach the skills needed to respond appropriately to breathing and cardiac emergencies. This full-length course includes the use of automated external defibrillation. This class is for nurses, technicians, lifeguards, doctors, EMTs, paramedics and anyone else in the health-care profession. (Lifeguards should take this course if their CPR/AED cert has already expired.)

All Ages

58823	Sa-Su	4/1-4/2	4-9 PM	\$125
58824	Su	4/30-5/7	12-4 PM	\$125
58825	Th	5/25-6/1	6-10 PM	\$125

First Aid (American Red Cross)

This American Red Cross First Aid course gives individuals the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illness until advanced medical personnel arrive and take over. Perfect for day care employees, camp counselors, baby sitters, parents and or anyone responsible for the care of someone else.

All Ages

58838	Tu	4/4	4-9 PM	\$60
58839	M	5/1	4-9 PM	\$60
58840	W	5/31	4-9 PM	\$60

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). This American Red Cross course begins at the conclusion of the pre-test. Upon successful completion, students are issued certification in lifeguarding, first aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+

57483	F-Su	2/24-3/11	Times vary	\$195
57485	Th	3/23-5/18	Times vary	\$195
57484	M-F	4/10-4/14	Times vary	\$195
57486	F-Su	4/21-4/30	Times vary	\$195

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter



Lifeguard Training Review

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). This American Red Cross course begins at the conclusion of the pre-test. Upon successful completion, students are issued certification in lifeguarding, first aid and CPR. Be sure to check www.rockvillemd.gov/swimcenter for the most up to date course schedule.

Age: 15+

57489	Sa-Su	3/18-3/19	Times vary	\$125
57490	Sa-Su	4/9 & 4/15	Times vary	\$125
57491	Sa-Su	5/13-5/14	Times vary	\$125

NOW HIRING

**Lifeguards, Swim Instructors,
Front Desk Attendants,
Water and Land Fitness
Instructors**



**For additional information,
call 240-314-8750**

www.rockvillemd.gov/swimcenter

Water Safety Day

Friday, June 2, 2017 • 3:30-6:30 p.m.

Gaithersburg Water Park

512 S. Frederick Ave., Gaithersburg

Stay safe at the pool this summer!

FREE swimming event hosted by:
City of Gaithersburg
Montgomery County
City of Rockville

LEARN:

Preventing drowning, Proper use of life jackets
Water rescue skills, Skin cancer prevention
Swim lessons (evaluations offered)

Held Rain or Shine

Rockville Concert Band

John Saint Amour, Music Director
Douglas Pierce, Associate Music Director

2017 Concert Series

60th Anniversary Gala Concert
March 12, 3 p.m.

**“Music for All Ages:
Broadway on Film”**
April 23, 3 p.m.

No tickets required; \$5 suggested donation.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park
603 Edmonston Drive
www.rockvillemd.gov/arts
240-314-8681

GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the mansion and formal gardens.

Rentals available for weddings, socials,
business conference, recitals, baby showers
and memorials.

240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive



Art Gallery
Second Floor Spring Exhibits



Feb. 19-March 22

Rockville Student Art Show
Varied media from students, K-12
Artwork Delivery:

Sunday, Feb. 12, 1:30-3:30 p.m.

Opening Reception:

Sunday, Feb. 19, 1:30-3:30 p.m.

Refreshments...music...stop-action videos...fun!

April 2-May 12

Barbara Bell – watercolor
Coriolana Simon – photography
Sara Leibman & Jennifer Kahn Barlow –
oil on canvas

Opening Reception:

Sunday, April 2, 1:30-3:30 p.m.

May 21-June 28

Rockville Art League/Juried Members' Show
Varied media

Opening Reception:

Sunday, May 21, 1:30-3:30 p.m.

FREE – Open to the public • 240-314-8282
www.rockvillemd.gov/arts



Sunday Afternoon Concert Series

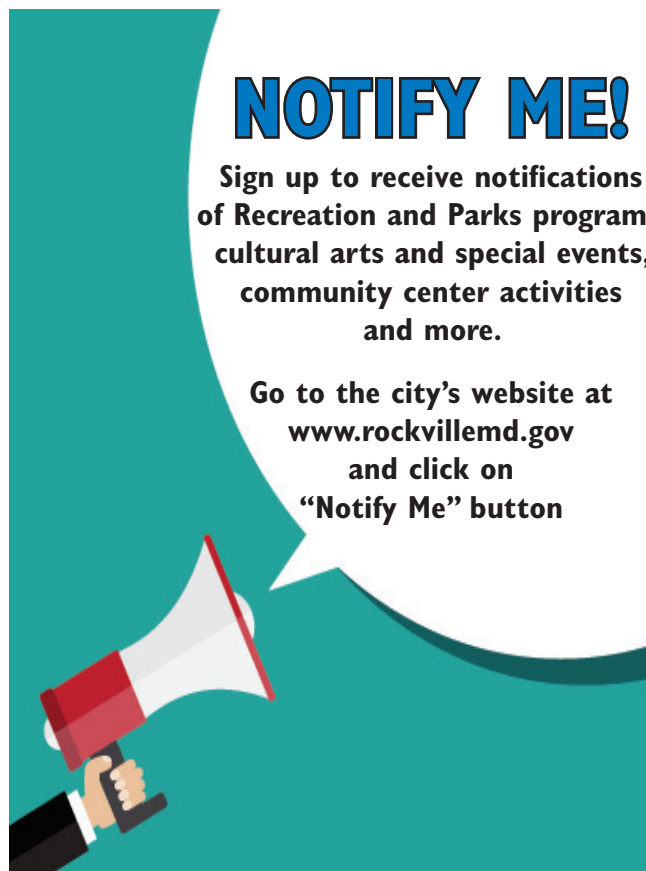
Glenview Mansion
First Floor Conservatory • 2 P.M.

April 2 – Olivia Castriota **Brooklyn based singer and songwriter.**

This past summer she released her debut album "All At Once" which peaked at No. 2 on the iTunes U.S. New Album Release charts for the R&B/Soul category, and her award-winning music video on VEVO! She has had the privilege of singing at the World Famous Apollo Theater four times.

May 21 – James Mabry **Blues vocals and guitar**

The real deal – blues from the muddy waters of the delta to the honky-tonks of Kansas City. Mabry is a crowd favorite.



Rockville Chorus

Bryan Seith,
Director

Spring Concert

Sunday, May 21, 7:30 p.m.

Join us for refreshments in the lobby after the show.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park
603 Edmonston Drive

Open to the public – no tickets required.
240-314-8682 • www.rockvillemd.gov/arts



From Sheep to Shawl –

How Wool is Spun into Yarn

Sunday, March 12

1:30-3:30 p.m.

Glenview Mansion Conservatory

For all ages

Free, open to the public.

No tickets or reservations required.

You are cordially invited to meet dedicated and experienced hand spinners and weavers who have demonstrated their spinning arts at numerous venues, including the MD Sheep and Wool festival and Frederick beer week's BEERFEST.

In addition to fully operational spinning wheels, drop spindles and knitting demonstrations, they will bring a working Victrola and Edison cylinder players for the pleasure of all. Watching the works of these vintage machines will make you feel like a time traveler.

The group welcomes questions.

Rockville Civic Ballet

Eleanor Simpson, Director



"A Midsummer Night's Dream" and "Macbeth"

The ballet company will present Shakespeare's comedy to music by Mendelssohn and Shakespeare's tragedy to music by Khachaturian and Prokofiev.

Saturday, March 18, 7:30 p.m.

Sunday, March 19, 2 p.m.

Tickets: \$17, adults
\$13, children
(12 and younger)
\$13, seniors
(60 and older)

Group Rates: \$16.50 for seven or more adult tickets
\$12.50 for 10 or more children/senior tickets

Assigned seat tickets may be purchased in person or by phone at the F. Scott Fitzgerald Theatre Box Office, or online at www.rockvillemd.gov/theatretix

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
603 Edmonston Drive
For Tickets: 240-314-8690

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
240-314-8690

603 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Rockville Little Theater presents

Book of Days

Performance Dates

May 5, 6, 12, 13 and 14 at 8 p.m.

May 7 and 14 at 2 p.m.

Tickets: \$22 (\$20 students and seniors 62+).

Rockville Chorus

Spring Concert

Sunday, May 21, 7:30 p.m.

Free, \$5 suggested donation

The Victorian Lyric Opera Company
presents

The Mikado

June 9-10 and 16-17 at 8 p.m.

June 11 and 18 at 2 p.m.

Tickets: Adults \$28; Seniors \$24,

Students: \$20

Bethesda Conservatory of Dance Children's Performance

June 17 at 1:30 p.m.

For ticket information call 240-314-8690

Wine and Improv Series

Thursday Nights Just Became Fun Again

April 20 and May 18 at 7 p.m.

A night of fun and games at the Glenview
Mansion Cottage led by a theater
professional!

Tickets: \$35 per person / \$60 per couple

Must be 21+ years of age to attend.

Rockville Brass Band Concert

June 24 at 7 p.m.

For ticket information call 240-314-8690

Ticketing Made Easy! You can purchase all of your
tickets online by visiting us at www.rockvillemd.gov/theatretix

Box Office is open Tues.-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a childcare need and costs more than \$115 per month are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year, as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

How to Online

24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/recreation

Online Donation Course #s

\$ 25 - #56997
\$ 50 - #56998
\$ 75 - #56999
\$100 - #57000

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to: Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Ave., Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers
Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Rob DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the city's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Name: _____

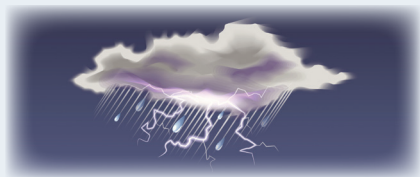
Address: _____

Email: _____

Phone: _____

This gift in in honor/memory of: _____





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov/swimcenter and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015, Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center.....	240-314-8770
Directions Line:	
Civic Center.....	240-314-5004
Senior Center.....	240-314-5019
Swim Center.....	240-314-5010
Lincoln Park Community Center.....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration.....	240-314-8600
RedGate Golf Course.....	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery.....	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center.....	240-314-8750
Rockville Senior Center.....	240-314-8800
Special Events Line (Info. Line).....	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall).....	240-314-8137

We are now accepting medical assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children.

Please call 240-314-8620 for more information.

*Required Info | Info Requerida

- ☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.
- ☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees* Costo*

Rec Fund | Fondo de rec.: \$ _____ Sr. Ctr. Mem | Centro de Ancianos: \$ _____ Multi-Course Discount | Descuento por asistencia a varios cursos : \$ _____
 \$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ _____

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Registration Begins:

- Friday, Feb. 24 for all (Thursday, Feb. 23 for swim center members), Adult 60+ programs - members, March 7, nonmembers March 9. 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.



**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

ECR WSS
Residential Customer

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PERMIT NO. 63

HTH

HOMETOWN HOLIDAYS MEMORIAL DAY WEEKEND

2017

MUSIC | FEST



SATURDAY **MAY 27**
SUNDAY **MAY 28**
MONDAY **MAY 29**

Save the Date

240-314-8620
WWW.ROCKVILLEMD.GOV/HTH

#HTH17
#HometownHolidays
Like us on Facebook!



City of
Rockville
Get Into It